

# Bray FeedBack Bank & ToolKit

## What Worked? Didn't Work? & More of?

### [War Map Link Overview](#)

3/18/2024

What worked?

Streamed

Downloaded two games on PC

Woke up when I didn't feel like

What didn't?

Fortnite lagging

Feet on floor

Not disciplining reading

Forgot to do Spanish homework

What more of?

Disciplined reading.

PS remote play?

Spanish homework

Nextbots

Went to Eagle Landing at 7:40PM bed at 8

Wasn't strict myself

---

3/19/2024

What worked?

Woke up and went to bed when I didn't feel like it

Left keys back at home while going to the gym. Went to workout in spite of this lost

Held fear and self discipline in the back of my head

What didn't?

Couldn't get kills in fortnite

Scared of waking up roommate

Didn't spend 1 on 1 time with said roommate

What more of?

Read a book on self discipline

Discipline that videographer app development

Find someone to build prospected app

Build target avatars for app

Daily shorts, post and upload after stream

My message is to spread self discipline

Do more self discipline

Read

Bring awareness to resistance "Hey resistance, fuck off"

---

3/20/2024

What worked?

Uploaded two shorts

One long uploaded

Streamed

Read dragon ball super to bed

Woke up

Went to bed early

Read DragonBall

Open mouth smiled about 80 times already

Read several pages from *No Excuses* Brian Tracy

Followed instructions on how to increase my likelihood of achieving self goals.

Found my purpose is to go to a gym 6 to 7 times a week.

Found 80% of results come from 20% of going to the gym.

Bought VPN premium to get SSBU on PC

Introduced myself to Steven (Nigerian guy pictured below)

Found 80% of results come from 20% following workout circuit.

What didn't?

Compromised self to not wake roommate up

Resisted following through on plans to eat two waffles for breakfast

Gave into resistance

Skim reading

Judging others

Closed mouth smiling

Not studying for assignments





No physical friend group  
Low community interaction between YouTube and viewers  
Compromising to resistance  
Getting confused=No smiling

Emulation games don't work  
Tpb still doesn't download games  
uTorrent not working  
Not replying to comments

What more of?  
Reading  
Eating light breakfast  
Have the identity of **this** man —>  
Open mouth smiling  
More writing  
More warring with personal resistance  
More sacrifice  
Try another torrent app  
Setting Deadlines to get **shit** done

3/21/2024  
What worked?  
Failed one rep but stayed in the weight. Lifted weight  
Disregarded roommate waking up early  
Showered at gym after workout  
Figured I have to earn \$11,000 to be in the Top 20% of the US  
Scheduling Today's stream for 2PM  
Unsubbing to followers and keeping leaders on the YouTube platform  
Read self discipline book

What didn't  
Slipped while riding Tooty 2.0  
Procrastinated reading  
Resisted I have *be someone else* to earn \$11,000 a month  
Didn't brush teeth

What more?  
Open mouth smiling  
Following Leaders Not Followers

3/22/2024  
What worked?

Disciplined to read some book pages  
Ignored the TVs in plasma donor  
Identified time wasters and chose to opt out  
Plasma donation

What didn't?  
Trying to be motivated to do the work  
People pleasing  
Worrying too much  
Didn't go to gym

### **What more of?**

Ignoring time wasters  
Ignoring people pleasing  
Doing the work late  
[Cheat](#)  
Learn about credit  
Learn more from RDJ  
Cheat in life

3/23/2024

What worked?  
Went for a morning run to and from targeted location  
Read a significant portion of self discipline book  
Got Super Mario64

What didn't  
Doubt about streaming the next day

More of?  
More reading  
Schoolwork done within a hour  
More tpb readings  
Self discipline  
Open mouth smiling

3/24/2024

What worked?

Talking like a leader (X action)  
Discipline  
Courage

3/26/2024 (3/25 in journal)

What worked?

Rinsed hair

Woke up from a late night

Read self discipline book

Outreached to 60 instagram users under 45 minutes as a result

Entered flow state

Chose corrective action over criticizing

Combined conscious mind and subconscious as a result of combining

Started reading The Now Habit Book Neil Flores

Learned workflow system from Charlie Morgan

Created a Distractions log

Asked for correction actions in the "Didn't work" log.

Got five members in the Subleasing GroupMe

Slept with phone in another room

What didn't work?

How can I bounce back from ambivalence (Contradictory ideas)

Criticized self and doubted self

How can I discipline myself to follow through with the war map (Sam Ovens)?

How can I be a good, but distant friend? Reach out to friend

How can I remove distractions? A: Bring awareness to such distractions and apply correctiv. bhv

How can I actually create the war map? A: I don't have to do it. I can start for 15 minutes though

How can I enter flow state more often? A: Combine conscious and subconscious

How can I tell my friend happy belated Birthday???? Text her NOW

What more of?

Read self discipline books

Read self discipline books

Read self discipline books

Read self discipline books

Read self discipline books

Read self discipline books

3/27/2024

What worked?

Woke up and went to gym

What didn't?

How can I workout if people occupy the machine? A: ask them how many reps they have

What more of?  
Sleep early: wake early  
Set timers for 15

3/28/2024

What worked?  
Used the DNA principles in 2cool server to build my first online store

What didn't?  
Failing a quiz  
Not taking the quiet time to interact  
How can I show girls gratitude? Choose to say thank you confidently and often  
How can I not take them for granted? Choose to say thank you  
How can I build a strong relationship with one of the girls I like? Choose to be open and honest  
How can I pursue a sexual relationship with a specific girl? Open mouth smile when you see em  
How can I use my body to show interest with this girl? Put your body in front of hers. Steal cooki

What more?  
Once a week meetups with friends I want to spend the most time with.  
Let people I find important into my life  
Call streaming, business, reading, and junk work.

3/29/2024

What worked?

What didn't?  
Took an unexpected nap  
No focus in my work  
Chose to get chick fil A after stream to "celebrate"

What more of?  
Cringe anime opening parodies for YouTube videos  
Resisting fear

3/30/2024

What worked?

Took a walk  
Logged my behavior early  
Delayed putting contacts in

What didn't?  
Accepting I have a crush on a girl I like most  
Putting my and her friendship before my mission

What more of?  
Passing school work  
Reading self-discipline book (due wednesday)  
Driver License pickup  
Drop off Sun Tsu

3/31/2024  
What worked?  
Morning run with shirt off (shirt in waistband)  
Vision Board with girl on it  
Recorded, edited, and posted a video to Youtube for the day  
Took notepad with me  
Learned entropy  
Delayed meet up with girl of choice

What didn't?  
How do I tell Dad I'm not coming home for Easter  
Looking for a Rockwall personal chef  
Playing video games to "practice"

What more of?  
Smiling,  
Meditating  
Breathing  
Mind mapping  
~~Finish the recent two hour watch later video~~  
Resist entropy  
Overwatch after Fortnite.  
Instagram outreach  
Charlie Morgan Printout picture

4/1/2024

What worked?

78% finished on Neil Flores Discipline book-learned "I should" statements are triggers for procrastination instead "I want to X" gives a choice

Figured what I want in a Woman (**Qualities: Feminine free energy, Feminine depth, spiritual sexual positive woman. Complementary opposite to my masculine, Travel woman. )**

Outreached 45 people on Instagram

Worked on spanish homework

Mind Mapping for business

Divided gratifying people and work people (**Gratifying people: Ur Dad gc, Honzart, Girl/Women. 2cool off stream. Work people: Outreach, clients, leads, Rich youtube, coaches)**

Remembered to watch viewers links in the first two hours of live streaming

Watched Voodoo's links and engaged with the community

Set aside two hours for livestream

Mind map

"Good choice voodoo."

Standing on principles

Voodoo as the ideal customer

Texted in Discord group chat

Resisted entropy

Planned to be girl's plus one to RA banquet

What didn't?

Woke up groggy

Delayed meeting with girl till next week.

Left on read for asking my Nigerian friend what they most like about the shirt.

Let someone else handle the conflict

How do I talk to someone who's ignoring me? Keep persisting, use physical body, and persist into a better position. (Sara. Behv principles)

Watched Big Hero 6 to bed

What more of?

30 minutes of outreach

What's more important to me

Shoot for five or more responses before doubling

Mind mapping on Canva

Complimenting viewers based on their choices

Voodoo as the ideal customer\

4/2/2024

What worked?

Brought laptop to spanish

Did school work after eating

Finished reading Neil Flores book

Outreached 80 people

Learned to ask what problems to solve for business and to build on it

Engaged with Voodoo's gaming content

Went to gym and showered when I didn't feel like

Went into spanish

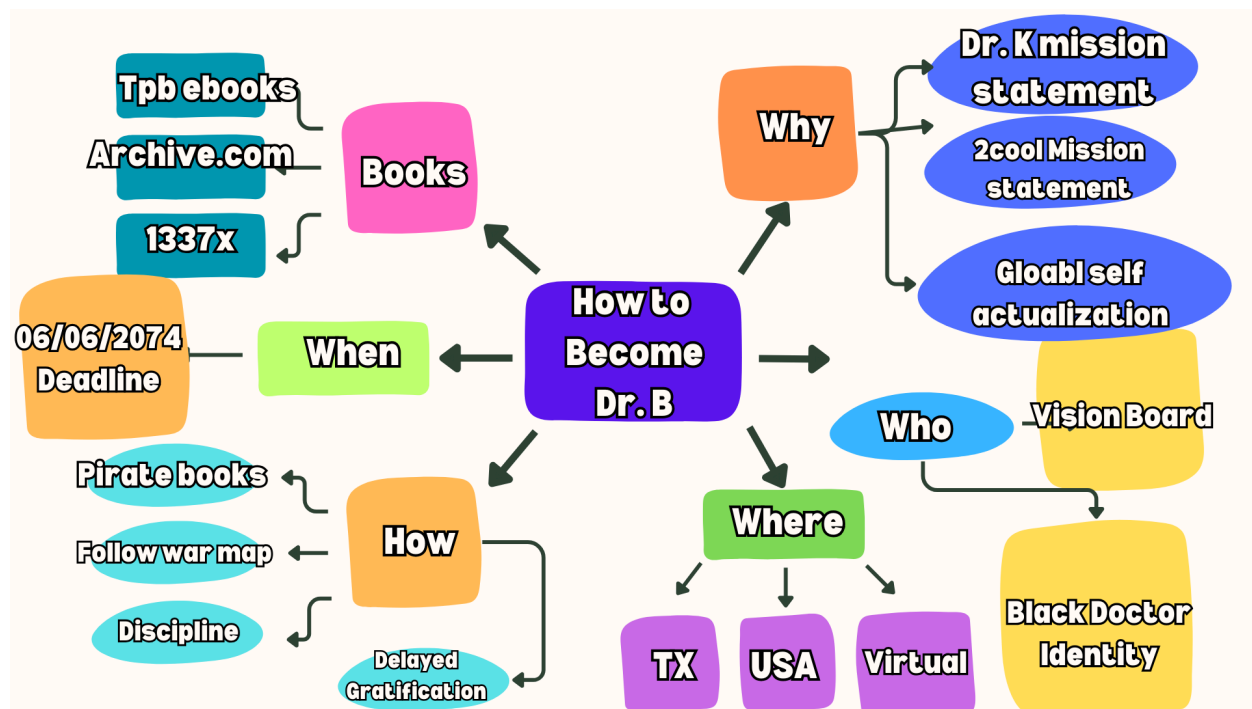
[This](#)

Returned Library book

Resisted gratification

Finindign feminine energy other than girl

Created Doctor Mind map



What didn't?

Having free time after class (update schedule)

Anxious about no one joining stream in the beginnning

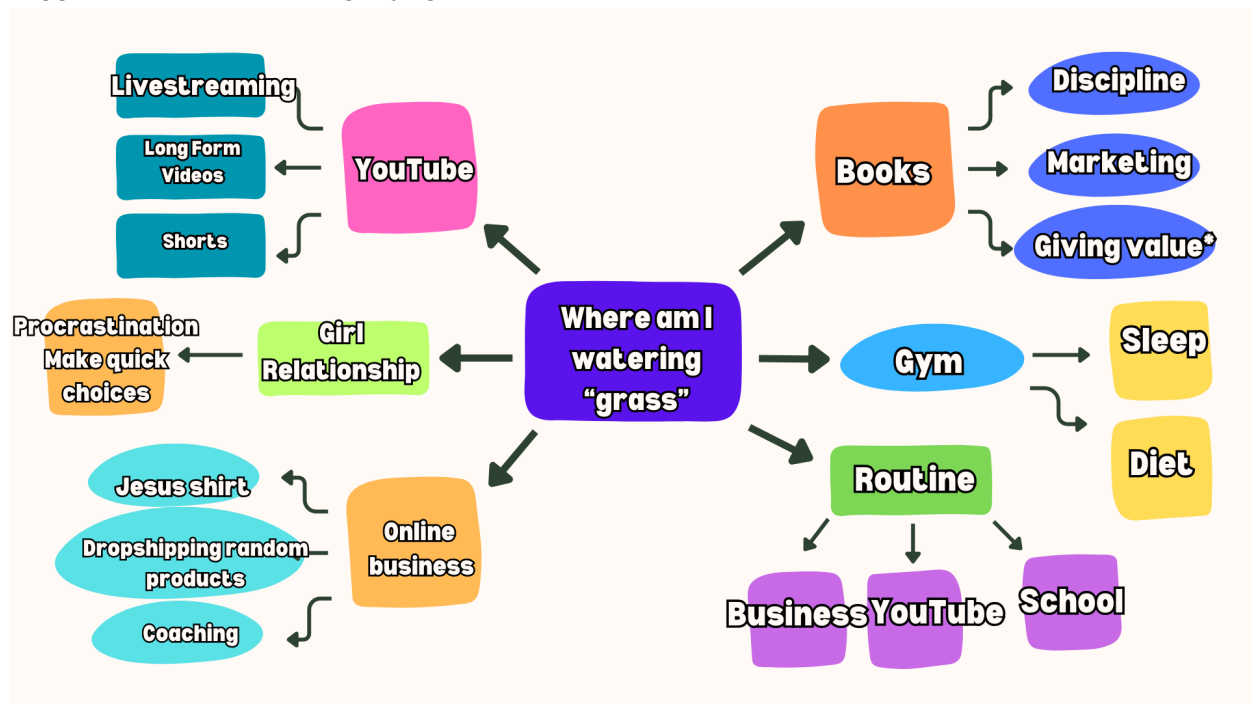
What more of?

Listen to Sam Ovens when riding around campus

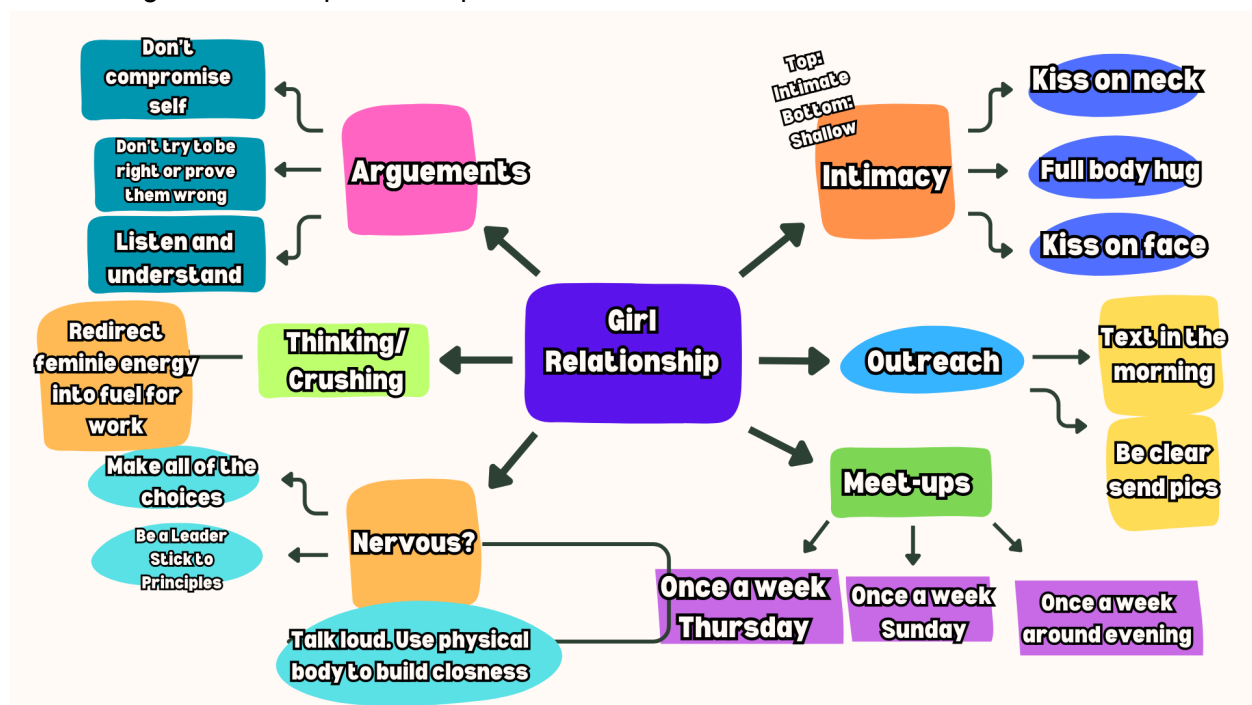
4/3/2024

What worked?

Read a great chunk of marketing book  
 Logged where I'm watering my "grass"



Asked a question to the Discord: What anime opening would be fun to recreate IRL  
 Planned three different mind maps  
 Created a girl relationship mind map





Screenshotted positive and negative emotions from marketing reading [link here](#)

### **No one is happy to call a real estate broker**

Not really. Despite what the broker is hoping, this isn't often a joyous interaction.

They're afraid.

Nervous.

Relieved.

Eager to get going.

Anxious about moving.

Stressed about money.

Thinking about status gained or lost.

Concerned about the future.

Listened to a Sam Owens video

Woke up at 1am (Went to bed 'round 8)

Sent a email to COS advising for the major change

Worked on practice Chemistry problems

Addressed how am I going to survive if I can take a school year long break from initial goal?

Defined the problem. In this case was surviving and thriving

Accepted I can both survive and thrive

Delayed Gratification

Kept my promise

Learned from outside sources to help with Chemistry school work 👍

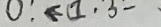
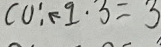
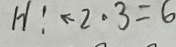
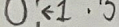
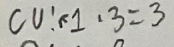
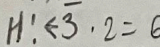
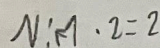
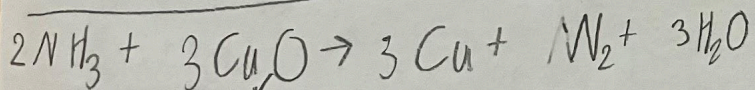
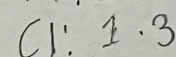
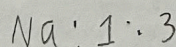
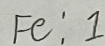
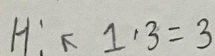
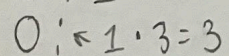
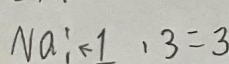
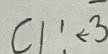
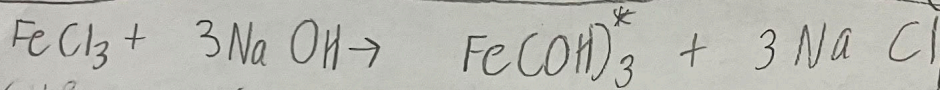
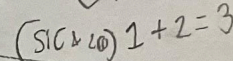
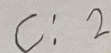
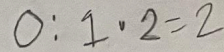
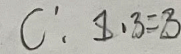
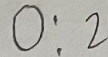
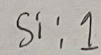
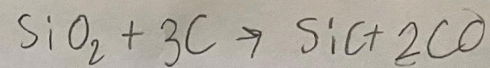
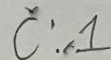
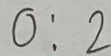
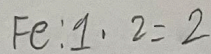
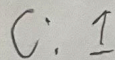
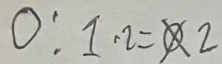
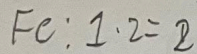
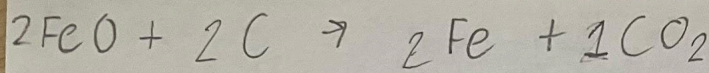
Played the Chemistry video in 0.5 speed

Called out my dyslexia

Used dyslexia anger as fuel to get the assignment done.

Called out that I have choice in everything I do

Took a picture of my work



\* parentheses mean everything is multiplied by 3

Planned classes.



Pain threshold → Mohammed Ali  
Finances → Warren A Buffet

Doctor UNT Audit  
Gen chem I + Lab  
Gen chem II + Lab  
Organic chemistry I + Lab

J [ Summer - Gen chem I + Lab & BIODIV  
Fall / winter → Gen chem II + Lab  
Spring → Organic chem I + Lab

S [ Summer → BIODIV / Conserv BIOL 22SI  
Fall → Cell Biology + Lab & animal <sup>PHYS II</sup> PHYSIO  
Winter → Animal PHYSIO 3800, 4805  
Spring Medical term → 1500, PHYS I

What didn't?

Ate a medium breakfast at Champs

Commuted to Champs for breakfast

What more of?

How to increase feminine energy

Journal what more of

Work on corrective action toward dyslexia

4/4/2024

What worked?

Incline pressed 35lbs

Got through decline push-ups

Meditated for about 30 minutes before spanish quiz

Meditated before working

Identifying the problem

Problem solving

Listened to a video on how to problem identify

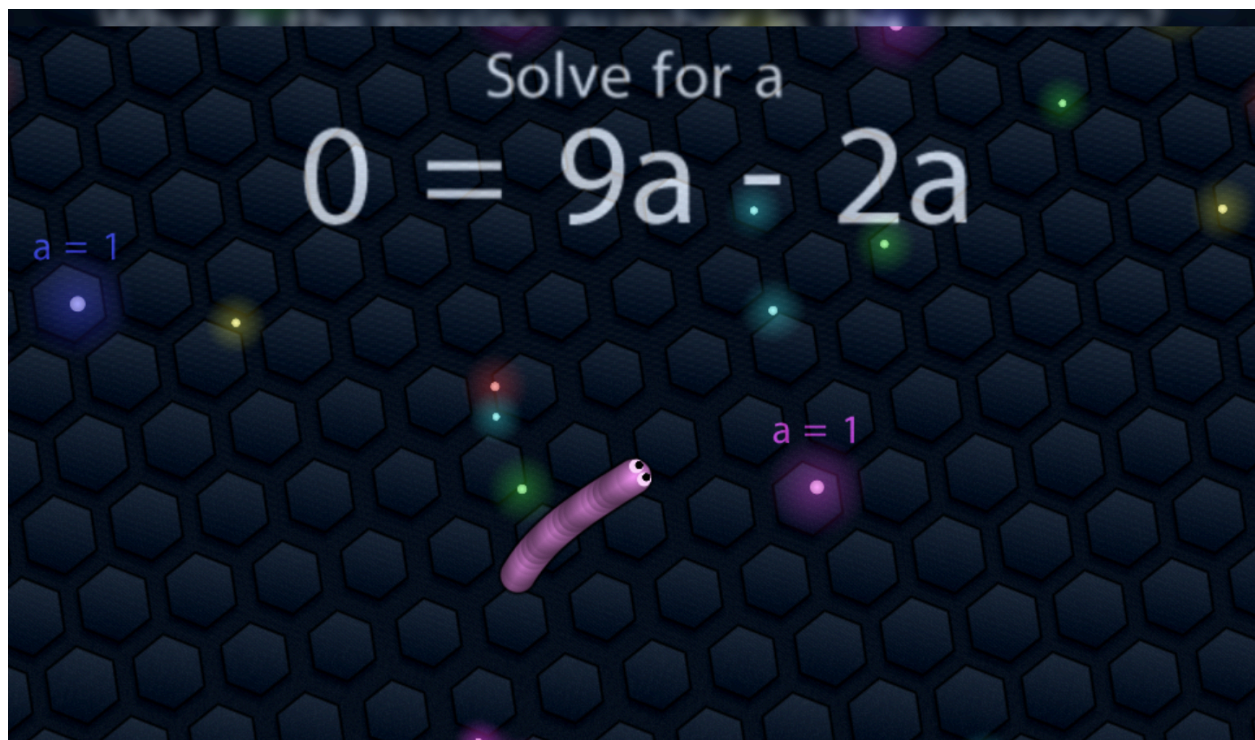
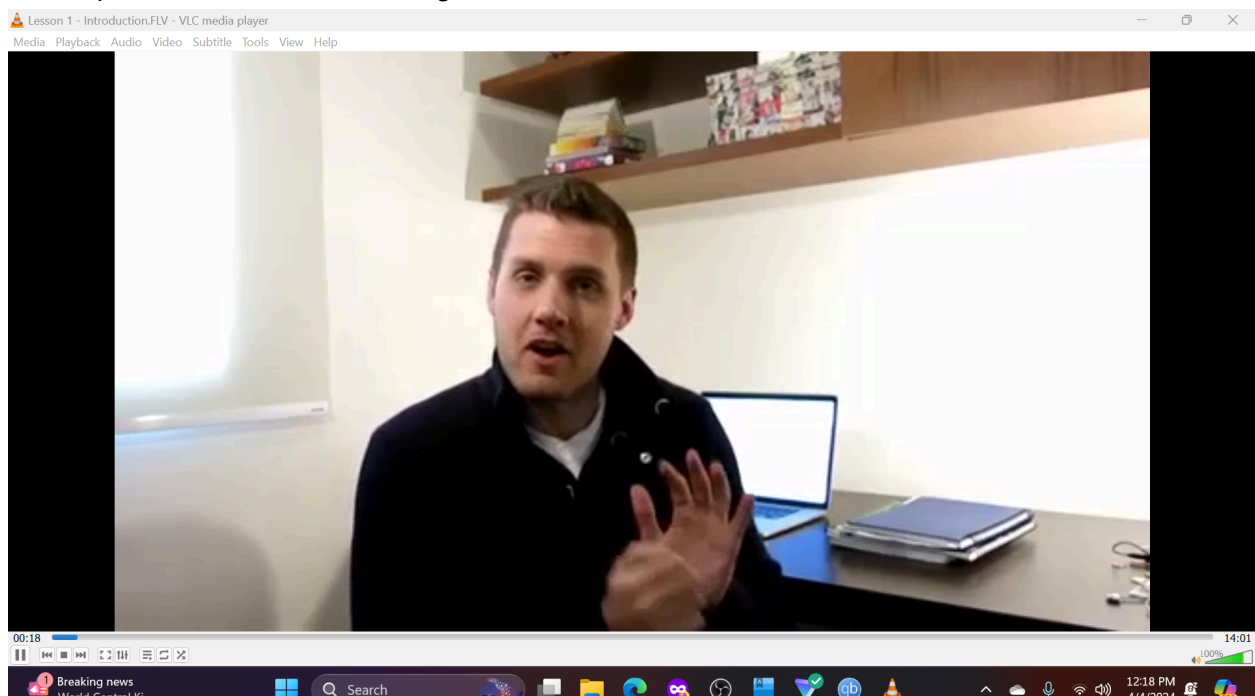
Found this to support [dentist dream](#) (Dallas Dental Assistant School)

Scored a 0 on a MCAT Practice Exam then  $\frac{1}{4}$

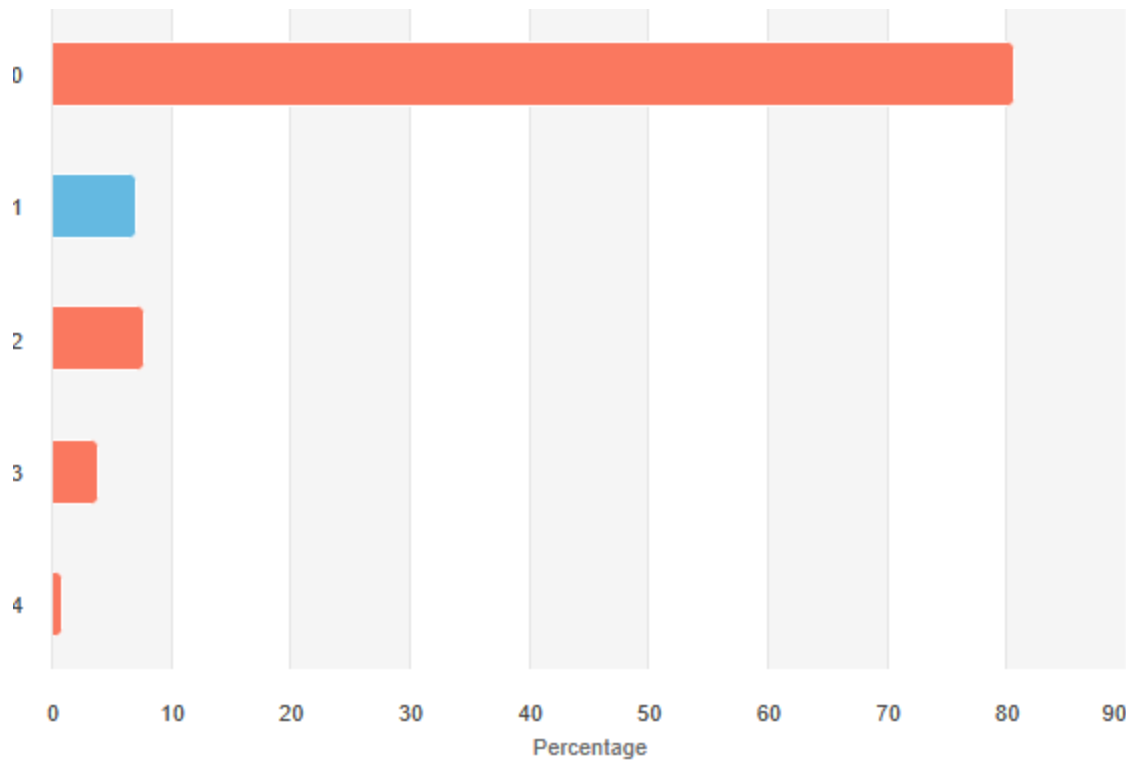
Played a algebra math game

Listened to a Mark Manson Guide on Dating

Added pictures to what worked log



Talking to Voodoo  
50/50 for women and men  
Never expectation  
Learned to



See how others performed

**Congratulations!** You answered **1/4** correctly.

What didn't?

Failed Spanish quiz

Woke up groggy

Failed a set on decline push-up

Postponed girl for next week

What more of?

Actually *learning the school material during the study hour*

Use outside resources to learn for school work

Watch movies with Discord

Call Voodoo

Phone call people to send their problems

Meditate

MATH



4/5/2024

What worked?

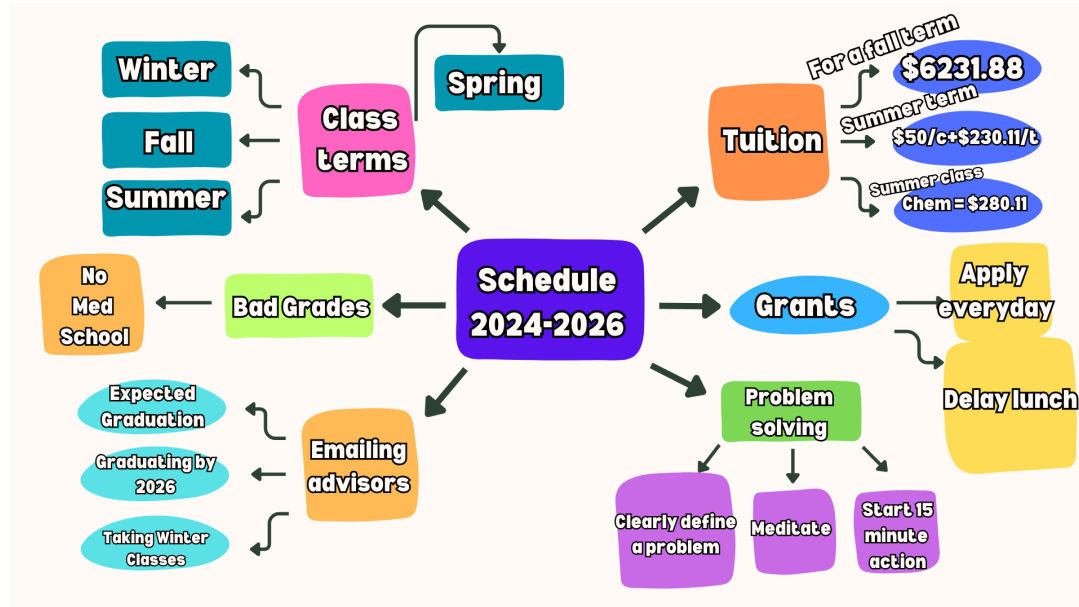
Woke up early

Gym/Showered

Meditated for 15 minutes

Applied for scholarships

Mindmap schedule to be doctor



Asking questions "What is X?" and finding the answer usually works

Learned to actually learn class

Learned to use discipline.

Learned to search: "All Chemistry in One video"

Found a problem I can solve: make math easier

Following a courses exercises

What didn't?

Texting one word in all caps

Kept moving from room to room

Failed quiz

Grade dropping in Behv

Doubt

Learned I get bored of the subjects taught in school.

"So you want to be doctor"- In Nigerian accent

Prioritized pursuing a women over my principles

Watched Batman The Animated Series to bed



What more of?

School science learning in the morning

Actually learning

Being interested in the school work

Vulnerability

Self acceptance

Forgiveness

Plasma donation (Chem class)

4/6/2024

What worked?

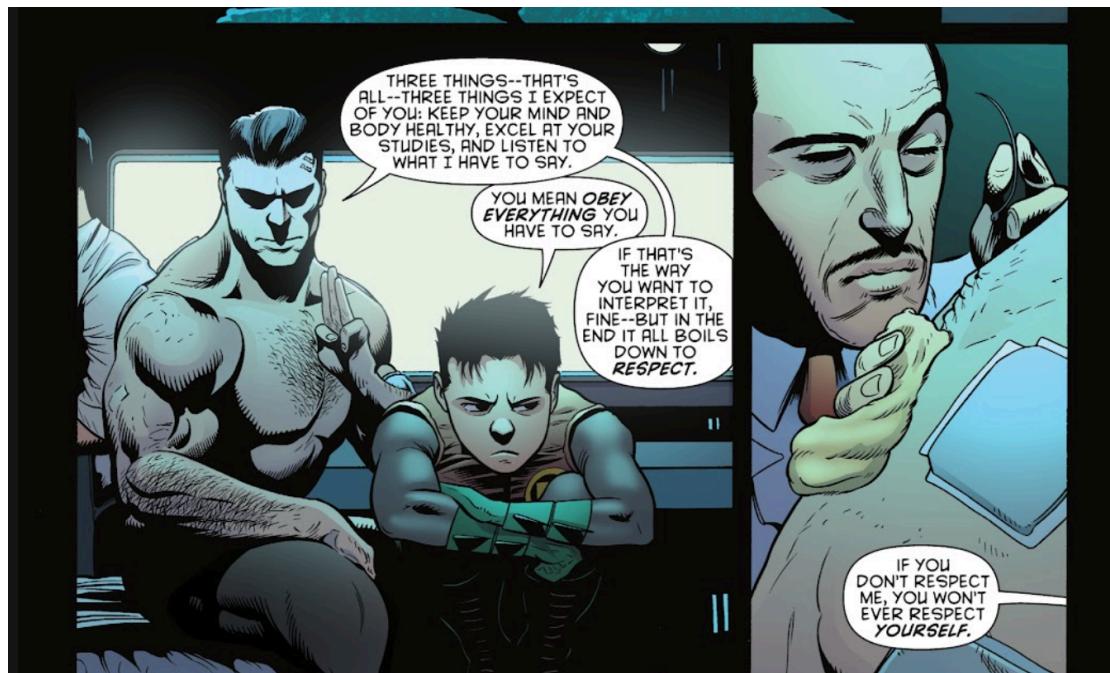
Went for a meditation thought walk as soon as I woke up

Watched a full Andrew Huberman episode

Walking back-side of Maple

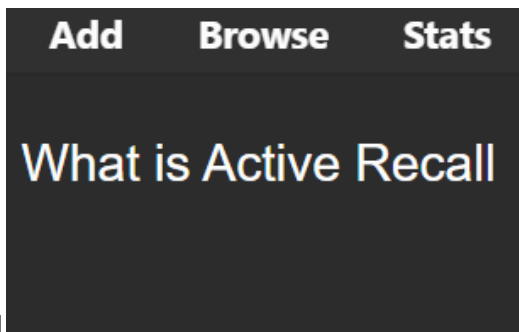
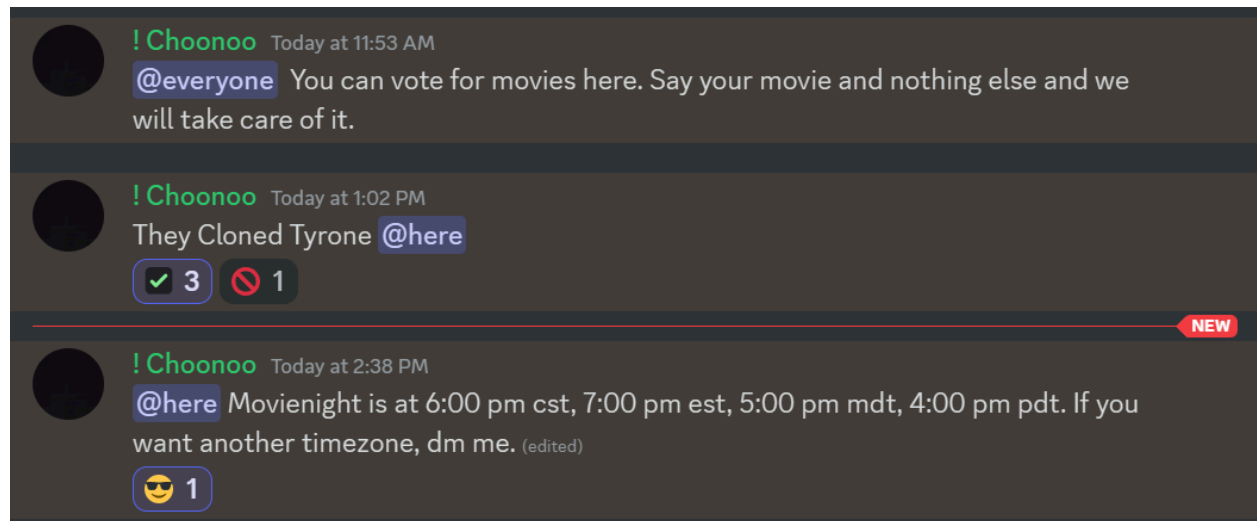
Walking to the top of parking garage

Read a Batman comic I found from Comic book shoppe from start to finish (pirated\_





## Movie night with the 2Cool community



Made a Anki Flashcard

Whjat didn't?d

Blaming others for *my* actions

Ate chick fil

Took a day off

What more of?

Andrew Huberman in the mornings

Active Recall practices

Whiteboard

Anki flashcards for all classes

Movie night start earlier around 4pm or something

4/7/2024

What worked?

Found a book to

What didn't?

Got junk food, drinks

Went to comic book shop

Procrastinated Dad

Procrastinated work

Procrastinated texting friends

Trying to work while on an "off day"

What more

Gap meditations

4/8/2024

What worked?

Texted family mom and grandma good morning texts

Studying several Behv Anki Flashcards (Lenovo Laptop)

Went for a walk

Went for a leg day workout

Showered

Meditated for five minutes at work area

Wore regular outfit

Prioritize school work

Planned out Dental shadowing opportunity

Got a "hit-lists" of Dentist to shadow

Set principles to achieve as a student

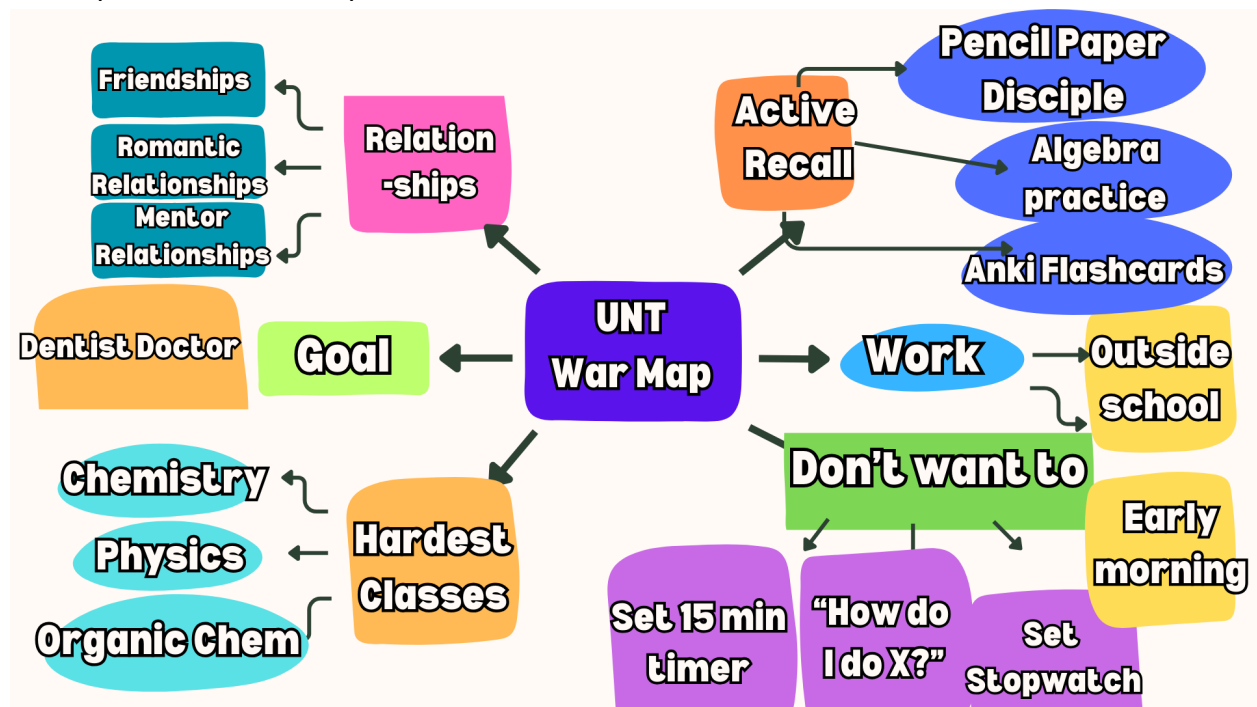
Told a classmate bless you

Enrolled into Chemistry online

Tracked active time working

Developed a Chemistry War Map

Developed a UNT War map



Found a way to sync Anki Flashcards

Called 5 dentist

Did algebra problems

Researched Dyslexia tests

Grieved

Livestream

Grieved

Helped a hot Korean girl clean spill

What didn't?

People pleasing

Listening to resistance

Believing resistance to be true

Ignored a email saying I couldn't register for classes

School payments

Muttered

What more of?

Journaling down Active time working

Set deadlines with specific dates & time Example: 4/8/2024 1:00am

Doing what doctors do

Active recall from the hippocampus

4/9/2024

What worked?

15 minute timer

15 minute timer

15 minute timer

Set a 15 minute timer for gym

Went to gym even when I didn't want to

Spider-Man Miles Morales Downloaded

Ate a light breakfast (Threw away rice)

Got two HDMI cables

Did Dentist vs Psychiatrist. (Psychiatrist won)

15 minute timer w girl i enjoy

What didn't?

Didn't make up bed

Slept into three alarms

Putting a relationship first in the evening

Fear of missing out in the evening

Didn't eat rice and bacon on my breakfast plate

Left a part out of the Anki spanish study

RA meeting too long.

Social junk

What more of?

Anki

A's in my classes

Understanding the Spanish material

Active Recall from Hippocampus

Finishing a non-fiction book in one day

The power of timing and integrity

30 minute timer fun w friends I actually enjoy

Walkin evening Highland Parking Garage

4/10/2024

4/11/2024

What worked?

Clarified the Bray2cool channel is a mission of memes

Clarified to grow a personal brand for Doctor shit.

Filled out appointment with major change. Appoinment 4/25/2024

What didn't

No gym. Stayed in bed for too long

What more of?

Apply for a remote customer service job

Sleep early

Sacrifice romantic relationship (rip)

4/12/2024

What worked?

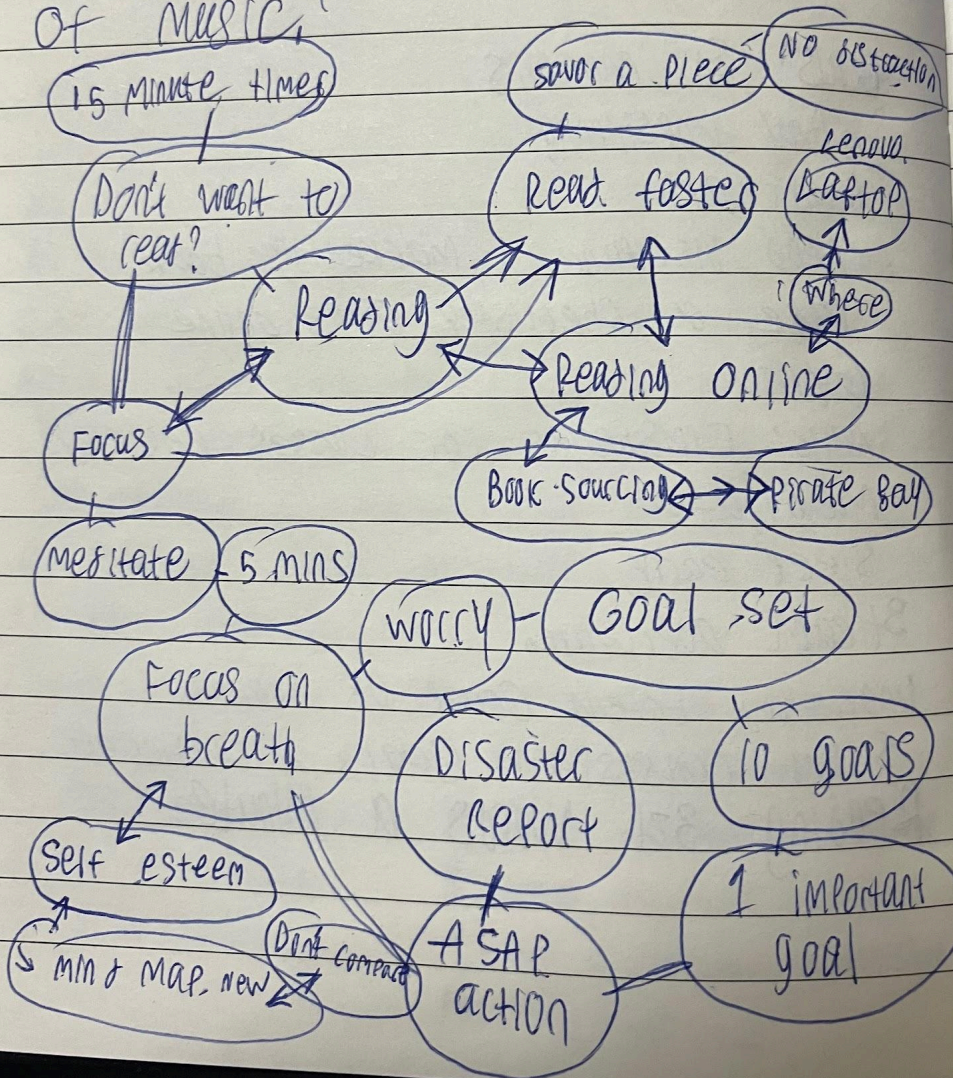
Stuck to war map schedule

Built a small community with



# Goals! Reading faster & recall

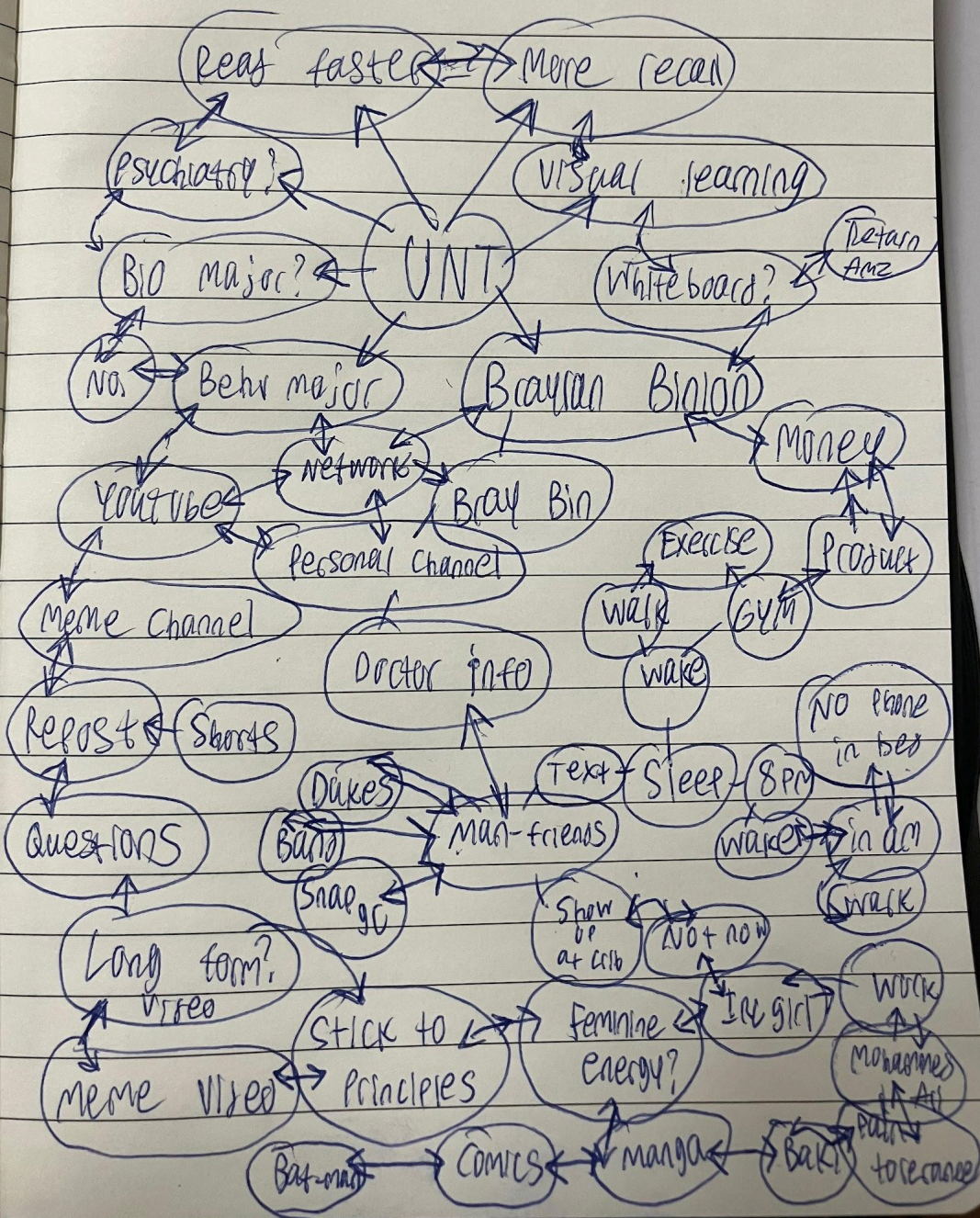
Why don't I read a book fast as fuck?  
"I want to savor reading the b-book, I have to read it slower." Bullshit. If I want to "savor" a book, just turn off the TV, no music. Savoring a piece is giving my undivided attention to a piece of music.





# Goals: Reading faster & recall

mins max for reading here.  
Random blog recall.



What didn't?  
Not reading faster

What more of?  
Reading faster and recalling more  
Mind mapping  
Braylan can ("Eye can't do it". Bray can talk to girls

4/13/2024  
What worked?  
Woke up early  
Went to bed early  
Walked  
Printed shipping label  
Resisted masturbabtion entropy  
Weekly in-person meet-ups with girl thru UPC  
Mind war mapped eBay dropshipping  
Found sources and items available for dropshipping

What didn't?  
Limited attention span  
Almost indulged in porn temptation  
Got up  
Distracted for long periods of time  
Shattered notepad from washer machine (pad in pants pocket)  
Thoughts of chasing girl  
Indulged in fear of missing out  
Slept with phone in bed  
Watched

What more of?

Mind map  
15 min mental timer  
Resisting indulgence

4/14/2024

What worked

Built ebay ds store



Gym  
passporyt

What didn't  
No focus.  
No sitting down and focusing  
No discipline  
No resistance  
No sticking to principle  
No self confidence

More of?  
Discipline  
No barbecue sauce on chicken  
Add self discipline into principles  
List a speaker on eBay  
List a fan on eBay

4/15/2024

What worked?  
Logged what worked, what didn't, and what more of  
Listed metal spoons set on eBay  
Mind mapped worries  
Clarified to graduate college in

What didn't?  
Worried about phone text  
Procrastinating reading

What more of?  
Resisting phone in morning  
Drinking 8 bottles of water a day  
Mind maps  
Active Recall  
Use clip board for active mind maps  
Fun with UNT stranfwrs

4/16/2024

What worked?

Drank water first thing in the morning

eBay bidding

2 listings on eBay (electronic niche)

Mind mapped social event vision and principles

Meditated before social event

Mind mapped a social event

Got a picture with a girl I like

What didn't?

No gym

Didn't finish mind map

Focus on book-reading

Wrong amount for money order \$160

Watched an entire YouTube video

Journalled in bed

Stayed up

Went to bed on phone

What more of?

Stick to *my* principles

Place principles in the forefront

Think about the future with established principles

4/17/2023

What worked?

Held myself accountable

Mind map

Meditate

Resilience

Deep work

Clarified sophomore year

Streamed (late)

Socialized (Union)

Stayed up past 8pm

2 ebay listings

Got a pirated audiobook on mobile drive

Been vulnerable

Added deliberate practice to my schedule

Clarified girl time

Called mom about summer grant

Started taking school a little more seriously

Mind mapped sex\*  
Read Iron Man to bed

What didn't?  
Woke up straight into phone  
Slept in  
Opened instagram  
Open social media  
Fucked  
No gym  
No discipline  
No strictness

What more of?  
Alarm if phone in bed

4/18/2024  
What worked?  
Woke up late  
Didn't care about gym  
Listened to "universe{" scream at me\* (see comment\*)  
Got to know girl. 50/50 split

What didn't?  
Is the gym arc done?  
No schoolwork for two classes  
Responsibility  
Pride w girl

Gray area:  
Girl chose to walk behind me. Kind of like let me lead the way

What more of?  
Get out bed at a reasonable time 7:30am  
Showerer  
Learn attachment styles  
Ask girl when she works desk  
Read Gintama to bed  
Volunteer  
Meditate  
Pride check  
Talk more individually w girl instead of other ppl  
"See you later"- I want to see ya again (visit me!)

4/19/2024

What worked?

Woke up

What didn't?

Woke up with that damn phone

Listings on eBay getting 0 views

Not focused work

Making socializing a habit

What more of?

Water

Actually work

Identify attachment style: goes from anxious to secure

Research more about UNTSHC admissions (North Texas Health Science Center)

Research MCAT stuff

Search image resizer for eBay pictures

MCAT Practice test

Use these TPB resources: [TPB link home study](#)<sup>1</sup>, [Chemistry Review 1](#)

[Book for not doing the work](#)

Research North Texas TCOM school\*

The Pareto Principle

Mega thread for post baccalaureate Programs

4/20/2024

What worked?

Returned white board

Called

Clarified

Tired



# CERTIFICATE OF COMPLETION

VIRTUAL CLINICAL EDUCATION SERIES -  
PSYCHIATRY

**This is to certify that:**

**Braylan Binion**

has successfully completed one hour of Psychiatry from the  
Virtual Clinical Education Series.

**Given on:**

**April 20, 2024**

Page 1 / 1 — 🔍 +

What didn't?

What more of?

Plugging my YouTube in my Overwatch games

4/24/2024

What worked?

Thumbnail created on Canva

Took a hour walk

Dark web

What didn't?

No early morning gym

Ate chick fil A the night before

Chose to be a degenerate

Stayed up late

Plan ambiguity for tomorrow

What more?

Learn dark web (maybe don't engage in it

Find a way to get moolah for free

Meet Daniela and Taniaa

4/25/2024

What worked?

Noticed this is getting intense asf (deep dark web)

Created Bcoin wallet

Stored dark passwords

Sent email to UNTHSC about admissions

Had major change appointment one and done (staying with broadcasting)

What didn't?

No consistency

Stayed up late

What more of?

Journaling throughout the day

Reading my own notes

Enroll into classes

Batman: Arkham Knight download?

Need time to play

Watch science videos in the morning

Going to bed early

*Actually finish a Huberman video*

Actually finish the book

4/26/2024

What worked?

Watched a Sam Ovens video in 2x speed

Watched Andrew Huber man video in 2x speed

Read a online article fast asf boi

Downloaded military training

Military training (phone read) page 15.

Did military excerices

Did heel kicks

Embodied the military dude persona

tPB BEST SOURCE FOR LEARNINHG

Acted out what I learned in military training

Acted out what I learned in sex education

Acted out what I learned

Acted out what I saw in a karate book

Read sex book at night  
Acted out scenarios pertaining sex book  
Read book online on phone landscape mode while in bed with bonnet and bathrobe hoodie.  
Thought of a specific girl.  
Attempted to be as specific as possible  
Sex education and OFM at bottom  
What didn't?  
Focus intensity  
Committing to being batman (Divorce)  
Embarrassed reading military training in class  
Learning from the dark web\* Only criminal services are associated with Dark as of now  
Amber confidence. Was vague with Amber in MUMH  
Prioritized own work over short term moment with a friend

What more?  
Reading faster online  
Addressing resistance  
Actually doing the work  
Thinking in verbs (Reading, Running)  
Military training  
Military training reading  
Exercising  
Books on money  
Intense focus  
How Batman became Batman  
How to be Batman  
How to take money  
Dark money  
How to make \$10k  
Martial arts Batman after money  
Resistance books  
Create site on dark

Business models:  
Kickstarter start up  
OF catfish

4/27/2024

What worked?  
Military training and specific journal  
Warm up exercises prior to work out

Warm down exercise post workout  
Did my work out anywhere at any time  
Added popular audio to recent YouTube video  
Showered  
Wore my glasses  
Referenced Memedalorian's meme work and made a fun meme video and thumbnail  
Added Michael B. Jordan's face on the thumbnail



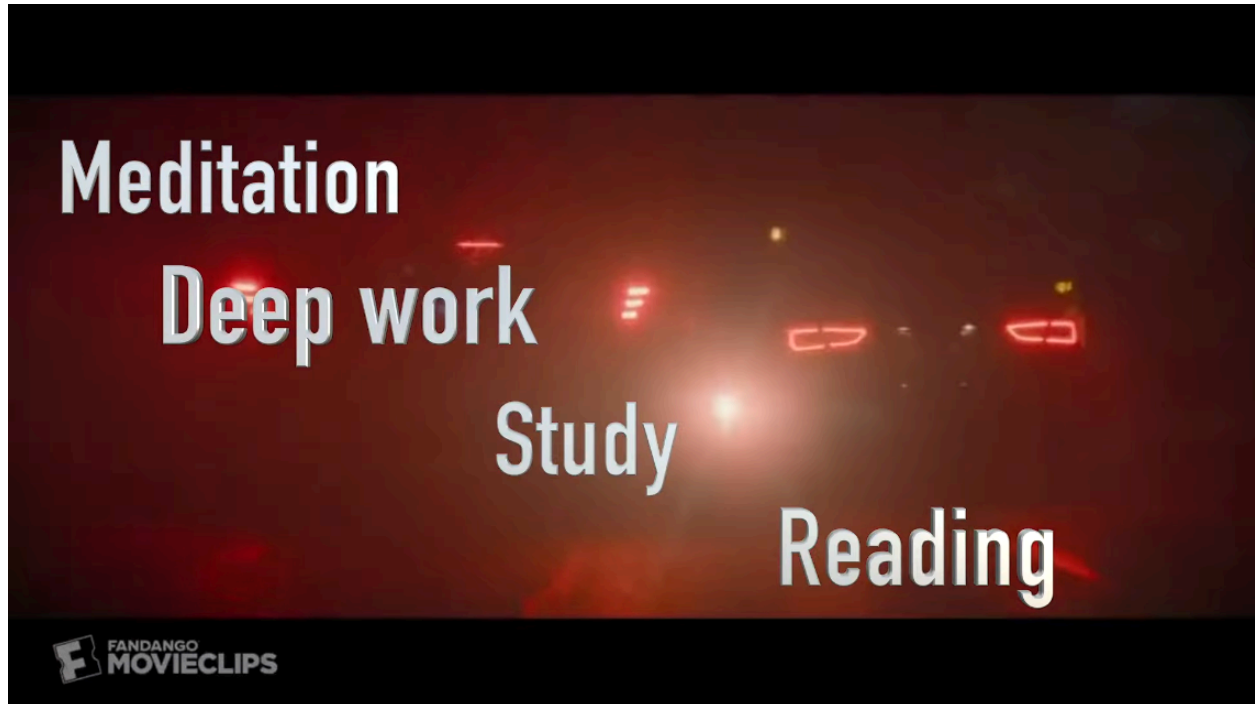
Clarified model attributes (Red hair, white skin dark brown eyes, Stepmom medium bust)

What didn't?  
Too weak to do OF business activities  
Didn't eat in a hour post workout  
Headed out to eat  
Scarce mindset "I need to eat"

What more of?  
AI model building brand  
Principles of AI model  
Sam Ovens  
Memedalorian For YouTube inspo  
Locking in  
Listen to OFM Kyle about AI models  
Resist the temptation to buy course  
Learn how to leverage AI chatbots and model  
Marketing OF model stuff



Batman stories  
Prior Batman stories  
School work  
Deep work  
Going to bed early  
Learn how to take a hit



4/28/2024  
What worked?  
Started aging a instagram account  
Learned about social proof  
Went to bed early to wake up early  
Batman embodiment  
Drank two pitchers for plasma dono  
Identified problems and worked on them  
Ate at same time  
Learned Bruce Wayne is a orphan  
Learned to live as if I was a orphan  
Identified my individual problem on mental resistance  
Learned about the book: Winning the war on your mind  
Worked out at the nearby park at irregular gym time  
Journaled while working out  
3000 views on xrated video months later

What didn't?

Didn't actually post the models on Reddit platforms  
Played Batman Arkham Asylum for about a hour  
Didn't do the row workout  
Didn't do the cable workout  
Tried to buy gym rings  
Experienced a couple fighting in another language  
Being a hypocrite  
Not fixing the internal me

What more of?  
Buy fake followers (Not for personal brand ever)  
Sell workout plans online through instagram  
Subtract  
Live as if I was a orphan  
Learning  
Neuroplasticity in the brain helps learn new game controls  
Learn how to not be a hypocrite  
UGC content for ads  
UGC AI for ads  
Locking tf in

4/29/2024  
What worked?  
Went to bed early  
Planned today yesterday  
Identified fear in talking to strangers online  
Identified fear texting strangers  
Successfully listed a drop shipped item on Facebook marketplace  
Listed on iPhone  
Fought the internal war on resistance  
Downloaded FireFox browsing on Lenovo

### **BEHV Performance**

Presentation had lax memes in it  
Active recalling the source material from its always Sunny in Philadelphia  
Transitioned smoothly into next slide  
**Learned Wayne Enterprises dabbles in Food, Tech, Shipping, even aerospace.**  
**Documented** what worked feedback  
Declined orders and moved on  
Found the listing section  
Product being reviewed for boosted advertisement

Livestreamed

Boost was active that's why orders came in.

What didn't?

Hair looks atrocious

Location Ambiguity with planning the day

Commuted from class building to home

Fear of Missing Out

Computer not charging

[Earning one million dollars war map](#)

What more of?

Found the break in the Len computer charger. Break is close to big block

Hot area

Talk therapy

Education on Marketplace flipping

**Feedbacking log for almost every problem**

**Control**

**4/29/2024**

**What worked?**

[Found a workflow for more FB marketplace products](#)

Fought resistance begging for ham from champs

Fought what I feel like doing

Just got two sales closed (received no money)

Logged on apple notes

Turned down some sales

Live Streamed

Logged throughout the day

Built community with Voodoo

**What didn't work?**

Hard to reread the feeding back log

**What more of?**

Declining sales

Facebook marketplace negotiations

Meditations

Having the identity of deliberate practice

Buy the item for cheap; have them come over and pay high

Buying items for like \$20 sell for \$40

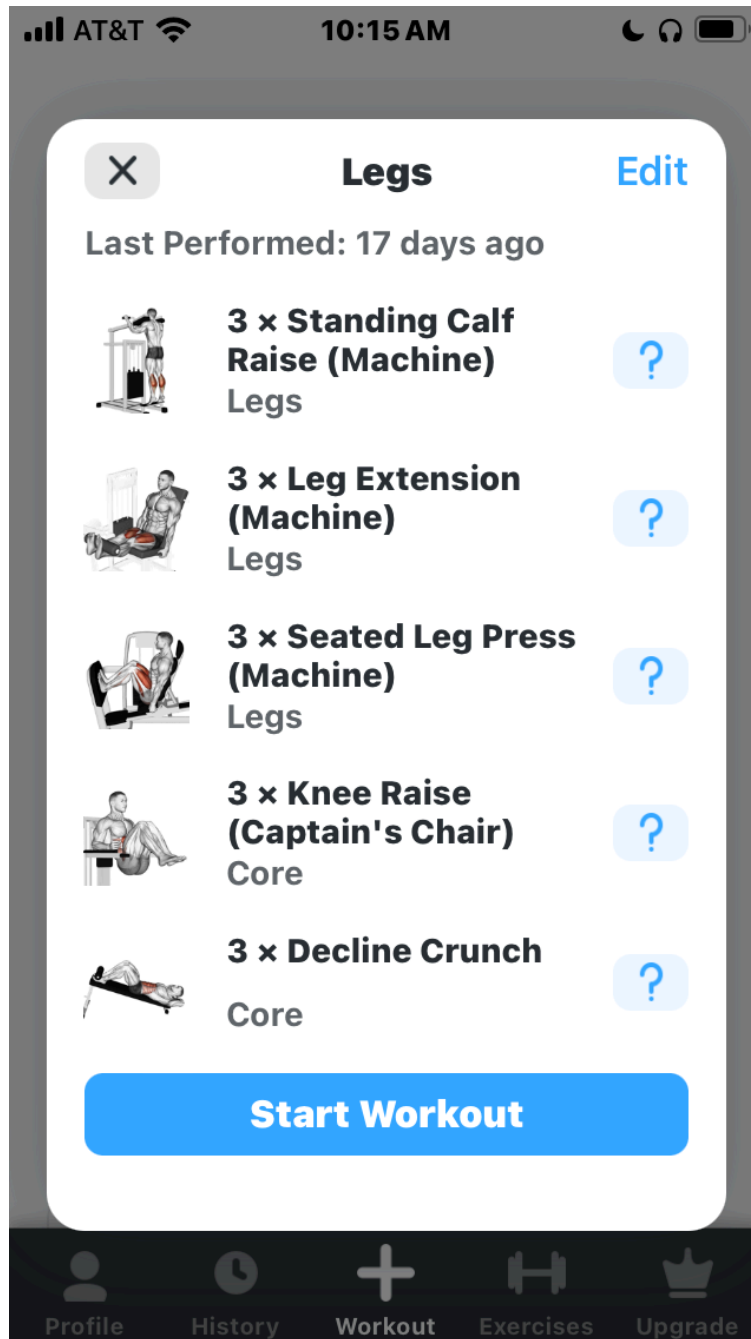
5/1/2024

**What worked?**

Went to bed early to wake up early

Completed album review

Donated plasma



Screenshotted workout plans



## 0-1 Month Gym Pull [Edit](#)

Last Performed: 16 days ago



**3 x Lat Pulldown  
(Cable)**  
Back



**3 x Bicep Curl  
(Dumbbell)**  
Arms



**P**

**3 x Pull Trapezoid**  
Chest



**3 x Decline Crunch**  
Core



**3 x Knee Raise  
(Captain's Chair)**  
Core



**Start Workout**



Profile



History



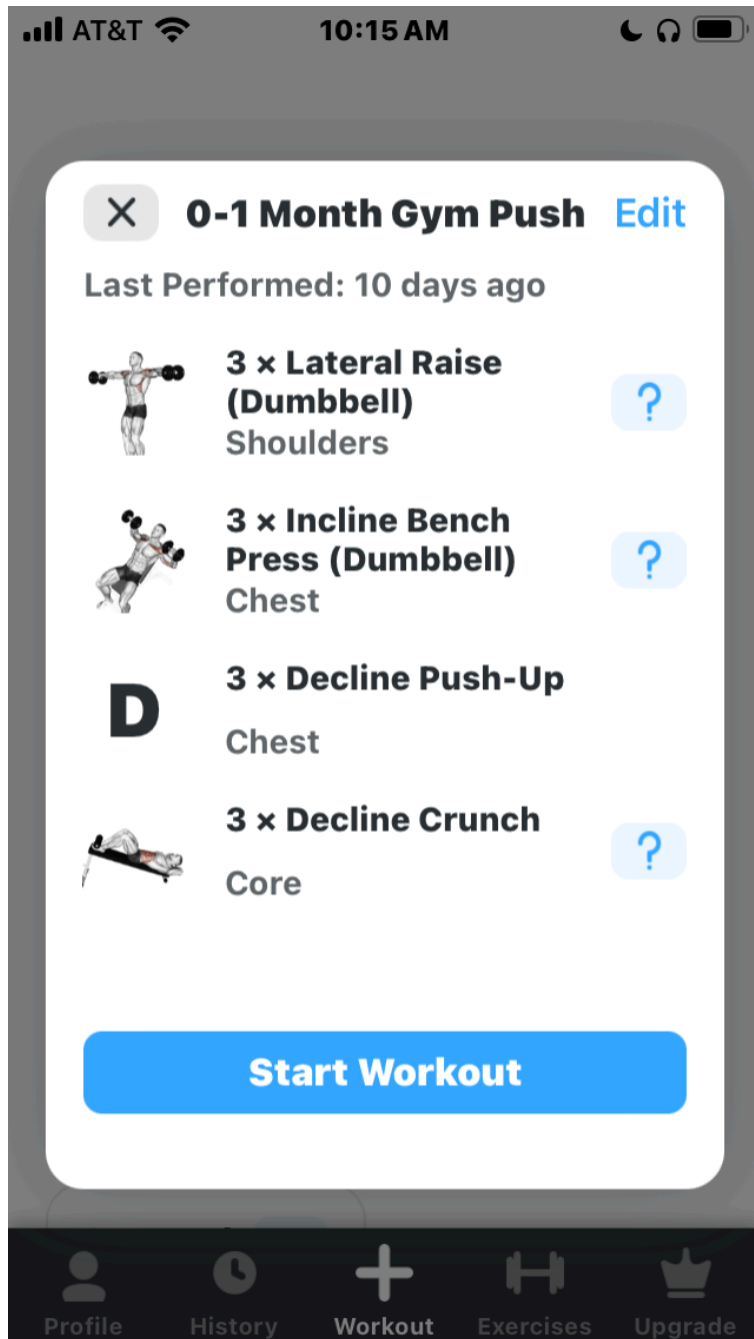
Workout



Exercises



Upgrade



Daniela meet up (hugged chest)

Plasma dono

Negotiating with FB marketplace prospects

Appointment set for Cat tower (Next Wednesday)

What didn't?

Laptop Lenovo is dead

Delays with charger

Thinking of doing instead of doing

What more of?

Build behv principles review on Anki

Subtract

Get stronger, mentally, physically, spiritually

5/2/2024

What worked?

Communicated with Google Bard

Learned how to be Batman realistically

Built psychological radar

Meditated "Keeping it on" style

Played Jojo's Battle Star R

Researched crime in Mesquite

Used Bard to communicate my desires

Learned about Open source Intelligence

Took inspiration from MoistCritical

What didn't work?

Excessive time on Jojo's Battle R

Indulged in the negative thoughts

Excessive stream on Deadpool game

Bouncing between mobile apps

Phone next to bed

What more of?

"Keeping it on" style of meditation

YouTube comment outreach

Use Google bard to communicate and get feedback

5/3/2024

**What worked**

Asked bard for asvice

Postponed plasma donation

Ate meat breakfast at champs

Faced shadow adversityity

Fighting to stay on

Set an appointment to meet up with buyer for discarded refrigerator

**What didn't?**

Felt lost



Slept back in  
Not actually doing the work

### **What more?**

“Keeping” it deep work  
Financial assets  
Exercising  
Spending money knowledge  
Where can I get the best arbitrage items

5/4/2024

### **What worked?**

Did the log in the evening  
Live-streamed  
Had a plan before hand  
Got a penquinz0 inspired video up.  
Uploaded another penquinz0 video on the YouTube channel  
Uploaded a YouTube short  
Military worked out  
Journaled key points in journal  
Gritted Batman teeth  
Planned out choices tomorrow today  
Edged to porn  
Put freaky playlist while I edged to corn

### **What didn't?**

Oozed my goo the night before  
Phone in bed  
Excessive time on mobile phone  
Little time spent actually doing work

### **What more of?**

YouTube shorts  
Log early and throughout the day  
Measure time spent  
Sam ovens  
Penquinz0 old videos  
Penquinz0 skits  
Skits  
New TikTok anonymous account?

5/5/2024

What worked?

Break routine

Meditated

Communicated a voodoo no stream today

Found a way to create blender porn

Got a penguinz0 video up

What didn't work?

Excessive time in bed

What more of?

Find something to get excited about

Excessive time in bed

5/6/2024

What worked?

YouTube black screen

Anime Nyan sex animation

Testing blender

Going in with a open mind

Watched a Charlie Morgan video

Practiced in overwatch

Learned about learning in multiple disciplines

Learned to learn from the first people in my field

What didn't?

What more of?

5/7/2024

What worked?

Exercised

Found a successful trader I can learn from

Got a YouTube video pumped out

What didn't?

Master emotions

Bouncing between ideas

Lack of meditation

What more?

Controlling emotions

Locking in

Sitting and giving a video my full attention

5/8/2024

What worked?

Went to bed early to wake up early

Showed up to gym ring workout (McKenna Park)

Day traded using Joover's method (Black YouTuber)

What didn't?

What more of?

Learn day trading techniques on YouTube for free

5/9/2024

What worked?

Studied one man

Stuck to what I visioned

What didn't?

Exercise delayed

What more of?

Go faster in business or anything

(OFM would more than ruin my YouTube reputation)

5/10/2024

What worked?

Moved out of college

What didn't?

Didn't log

What more of?

Log

5/11/2024

What worked?

Watched mob psycho 100 at 1.75 speed (average)

Went outside to workout

Identified I need a mentor more than a partner right now

Learned about music visulaizers reposting music on a separate youtube channel

Received camera glasses they work like a charm

Made a music visulizer for Mob Psycho 100 OP III

Made a nightcore version for the music visualizer for free on capcut  
DM'd two Facebook marketplace people about shipping

What didn't  
Disappointed with not being able to stream  
Slept in  
Mentor confusion  
Not reviewing what worked log

What more of?  
Follow the what more of from prior days  
Read more  
Watch online videos in 2x speed (no matter brain rot)  
Read faster  
Use AI for ideas  
Identify problems to solve it  
Solve problems from identification  
Deliberately practice problem identifying

5/12/2024  
What worked?  
Woke up  
Mother's Day  
Learned to combine subconscious and conscious to flow faster and read faster  
Learned Eudaimonia

Eu·daimon·ia

good + inner spirit/divine spark



*Be good with your inner spirit,  
live in harmony with your highest self.*

**The Stoics believed that nature wants us to become that highest version of ourselves. This is why the inner daimon (or divine spark) has been planted within all of us like a seed, so that we have it in**

10/33

Remembered "I am the observer" mentality  
Be patient in love. (Having a crush)

What didn't?  
Didn't identify problems

What more?  
Reading through old notes  
Learn philosophy (lover of wisdom)

5/13/2024

What worked?

Woke up did blender

Walked

Learned

Walked again

Uploaded

What didn't?

Masturbated the night before

What more of?

Blender animations quick asf

5/15/2024

Dabbled into the OFM

Communicated OFM with Gemini

Learned how to make money in GTA

Gym ring exercise

Went for a walk to help answer interview questions

Answered a angry Dropshipping buyer

Excessive time on TikTok

Desire OF not available

Find OF models via Reddit. That's how I find Lola OF

5/16/2024

What worked?

Ofm telegram being active.

How I do one thing is how I do everything

Editing checklist.

Use popular relevant sound effects that support the clip. I added fun background music first then added a bunch of those sfx



What didn't? Used ofm as a "get rich quick scheme"

5/17/2024

What worked

Mom birthday

What didn't work?

Got giddy over money and cancelled a sale when I could've recommended the buyer another product.

Excessive time on overwatch. Didn't reread

5/18/2024

What worked?

Specific what I wanted

What didn't?

Excessive time on Overwatch

5/20/2024

What worked?

I asked a question in the OFM group

What didn't work?

Not logging in my feedback

Being anxious about sending a question

What more of?

"Do you work for an agency"

Ask more questions in the huge OFM telegram

4/21/2024

What worked?

Clipped videos from livestream

What didn't?

5/25/2024

**What worked?**

Posted a good Fortnite short video that got around 3 thousand views

The question on everyone's mind

**What didn't?**

Attended a party I couldn't get away from

Missed out on the social aspect of a part

**What more of?**

Reread the feedback log

Develop, write and frame summer quotas (found below this note)

Quotas to achieve:

10 short form videos posted and shared.

Military Workout (Upper body, lower body (legs), core.

Livestream

Remind myself the Art of War principles

(Planning like Batman)

Leave one of Bray2cool videos on

What more of?

X/X/XXX

What worked?

Streamed

Found this link

<https://fierce-tablecloth-36c.notion.site/Psychology-Principles-4433d8d773554738a790624b2c735b24>

Moved feedback to individual notes app

What didn't?

What more of?

5/27/2024

**What worked?**

Found I can learn from Harvard, Princeton, and Yale

**What didn't?**

Not finding out what worked

**What more of?**

Edx- learning from Harvard, Princeton

5/28/2024

**What worked?**

Bold face text the what worked text

Started the "Anti-VisionBoard" what I don't want

Found we live in the AI revolution (Caveman, Medieval, Industrial Revolution)

Reposted a clip from Twitter to YouTube

**What didn't?**

**What more of?**

Learn the practical uses of AI.

Pirate AI learning tools from 1337x

Learn on YouTube the entire history of the world

Practice talking to camera

### What worked?

Watched a little bit of Collin and Samir- Full story of Mr. Beast

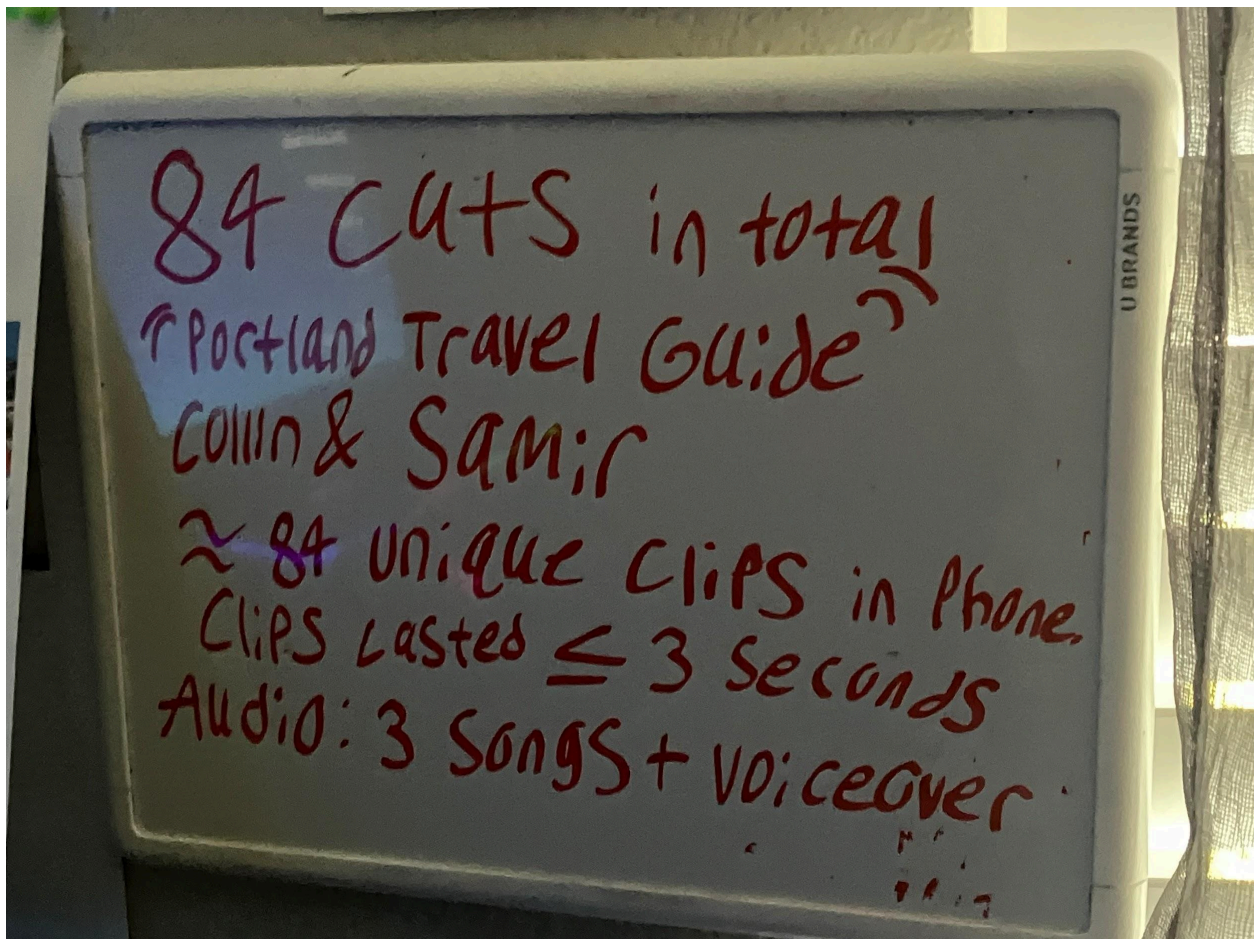
Critical thinker

Adapted

Took a long walk around the neighborhood

Prioritized work (not doing it tomorrow)

Analyzed a Collin and Samir video (pictured below)



[Found this cool notion for hooks](#) (90 plus hooks)

Listened to the 2005 Steve Jobs commencement speech

### What didn't?

Short livestream

No shorts. Stream title

Watched corn for the last four days (I had phone in bed)

Stayed up till 2

### **What more of?**

Collin and Samir reminder video on Mr. Beast

Clarify Charlie Morgan as online mentor

Clarify Mr. Beast as second online mentor

5/30/2024

### **What worked?**

Went through with a video idea

### **What didn't?**

Didn't livestream or meet today's quotas

### **What more of?**

Edit CapCut videos in the app

Comment on other creators channels

3D Blender Models For Spider-Man

Stick an thumbnail concepts



5/31/2024

**What worked?**

Consumed how Mr. Beast makes his videos

**What didn't?**

Didn't rest

Consumed sugar

**What more of?**

Think in decades

Do hard work

Say no

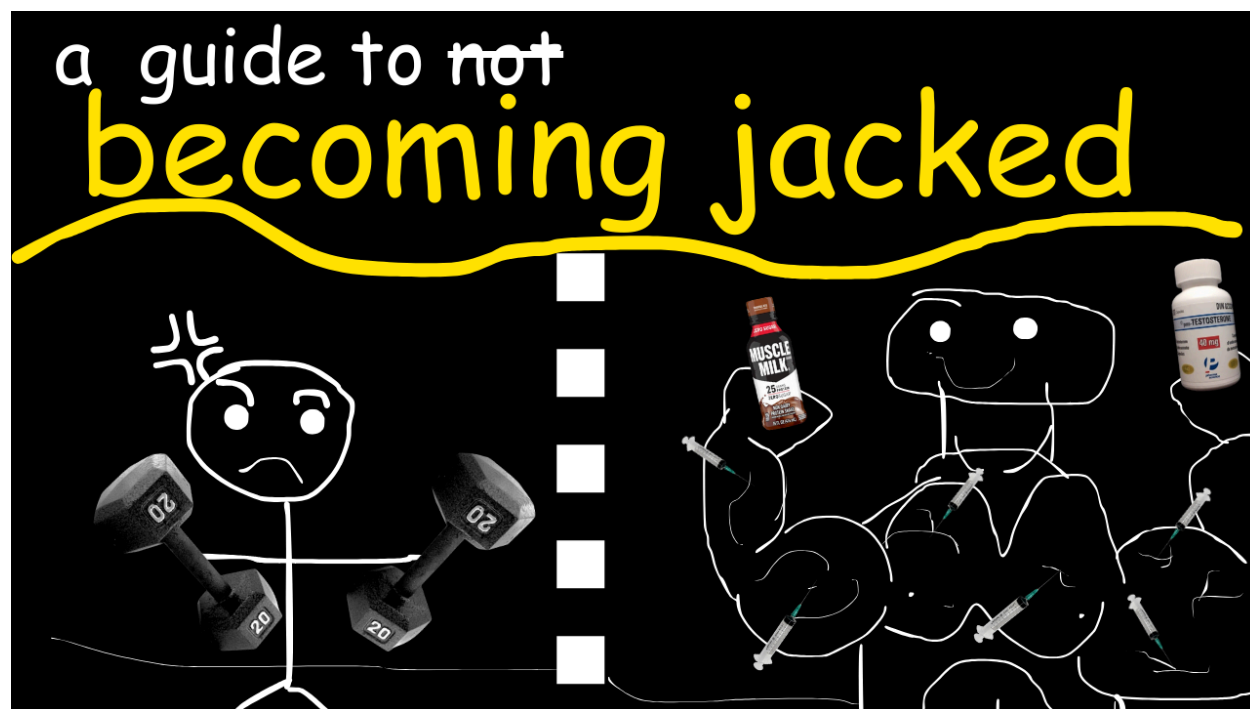
Phone in closet for bed time

6/3/2024

**What worked?**

Found this notion document [How to script a youtube video in less than 10 minutes](#)

Worked on thumbnails here





Curated Twitter to feed me Mr. Beast and YouTube growth content

What didn't?

## **What more?**

Mr Beast Auditions every week

6/4/2024

## **What worked?**

Uploaded a 30 second long tiktok onto tiktok (Views 960, likes 102, 1 comment)

Uploaded the TikTok on my personal Instagram reels account (32 plays, 52 replays, 9 likes, 0 comments)

Stayed in character

Studied Druski's character

Consumed and note taken Druski's Instagram lives

Cleaned up

What didn't

Reels are shown to friends on Instagram (Didn't want)

Main traffic on Instagram

Recorded several cringe videos

Took a walk in morning and after work

What more?

Reels on Instagram, TikTok videos, and YouTube shorts

Notes: I think we were missing the social aspect of YouTube and I think I my target audience was non-existent. It feels like I'm actually making videos for my friends now instead of strangers

Plan tomorrow: Video, Collin and Samir video, swim, Plan IRL outside videos. Orientation backpack tripod

6/5/2024

**What worked**

Went outside and got strangers to help record a YouTube video

Found my mind was empty (empty leads to big ideas)

**What didn't?**

Doom scrolled short form content

**What more of?**

Asking people to help record a video

Clear more things off my plate

Plan for tomorrow

Livestream Fortnite, swim, Collin and Samir to bed, walk 2x. Eat. Record a video outside. Have siblings help record a improvised short

6/6/2024

What worked?

Video went outside. Livestream loud

What didn't?

Answering text back

What more?

Viewstats outlier research

Plan. Assembly chair. Do hair. Viewstats possible purchase

6/7/2024

What worked?

Bought viewstats pro

Took a walk

Identified shiny object syndrome

What didn't?

Excessive phone use

Contemplated buying viewstats

What more?

Walks

Shorts

TikTok

Not playing videogames

Plan:

3 long form videos to react to

2x walks

3 shirts across YT AND TT

No livestream

6/8/2004



What worked?

Recorded a video

Reluctantly got a haircut

Phone in bed

What didn't?

Putting off starting till I'm at a young age

Corn early ejaculation

Phone

What more?

Start faster

6/9/2004

What worked?

Edited on CapCut

Transferred photos from pc to phone

What didn't?

Didn't make long form thumbnail yet

Audience identified video as clickbait on TikTok

What more of?

More reactions to videos that worked

Plan:

[Make a self Mr. Beast thumbnail using photos](#)

Walk 2x

Livestream.

7 times Mr Beast was almost killed short series

Find another source

[Learn how to break dance](#)

Go on Omegle and look for people trying to join the "label"

Plan listen to ["we can go gyat for gyat"](#) click me for 24 hours straight

6/9/2024

6/10/2024

What worked

Frequent walks

Frequent short form

What didn't?

Inside world WiFi

What more

Walsk

Record when I'm bored

6/12/2024

WW?

6/12/2024

WW?

React video

Livestream

Bed early

walks

~~to~~ got up bed (pseudo)

WD?

Overwatch time

Bed wake time

Logging in detail

Online logging

WM?

React to videos

PC

3 times a day.

Plan

React to Saitama VS Sukuna fan animation

Post and clip Tik Tok

Finish packing

Follow intuition

6/13/2024

**What worked?**

Got up before 12pm

Took a walk

Watched a little bit of the boys

Packed

Long form video posted

In the hood

Recreated a thumbnail Sadot the Gamer

**What didn't?**

Slept in before ten

Sugar early

Evening dip

No plan previous night

Neglecting personal friends

Vacation

**What more of?**

Plans

Walk

Open mind

More thumbnail recreates

## **Plans**

Walk

Interact with family

## **YouTube**

**6/16/2024**

## **What worked?**

Walked

Character loud

Thumbnails

Came back from trip

Content tracker has the last two days worth of feedback

## **What didn't?**

**Loss character around ma**

**Ambition not realized**

Ambiguous what worked feedback

I was wrong

## **What more?**

**Fast logging**

**Plan**

Livestream

Eat canned food

Record reaction videos

Thimbnails

6/17/2024

What worked?

Posted a Spider-Man 2 DLC video

Added edits on top of the DLC

What didn't?

Didn't log on that day (This entry was logged 6/18/24)

No plan for Tuesday (6/18/2024)

What more of?

Discipline immediately

6/18/2024

What worked?

Went for two walks

Journalled in the evenojg

Showed up to a livestream (own livestream)

Clipped and posted 1 YouTube short and TikTok

Left own recent livestream running

Took laptop outside of room to work on feedback log

Curated twitter to stay on YouTube X

Cancelled 1of10 subscription in favor of getting ideas from X

Made

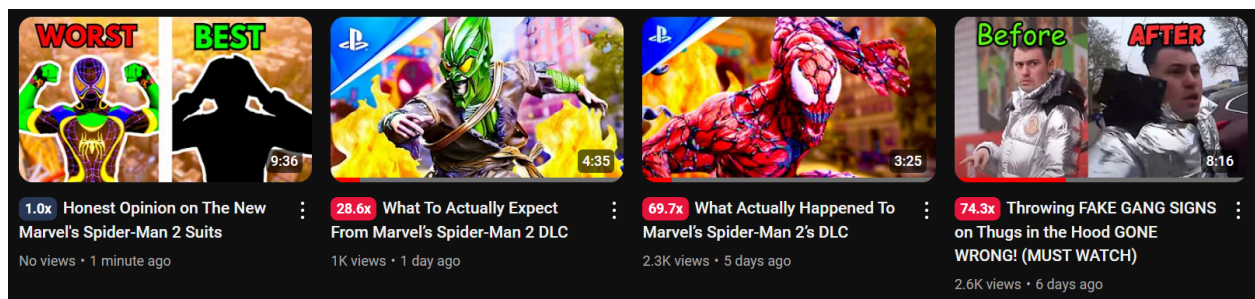
What didn't?

Not accepting responsibility for Tuesday troubles

Procrastinated creating videos by competing in overwatch

Trying to make a perfect replica of throwing gang signs in front of thugs re

### Mopre of this lol



### What worked

Walked swam

Spider-Man 2 DLC obsession YouTube

Viral 10k YouTube short

### What worked?

Played a Roblox game I kinda hated



Watched a Charlie Morgan video while playing minecraft

Recorded two videos after I said I didn't want to

Fell in love with the pain

**What didn't?**

What more

Love the pain

Play a brand new Minecraft survival world and love the pain to work harder and better

Do more cringey YouuTube videos

6/21/2024

**WW?**

Showed to stream

Showed up to YouTube short

Showed up on my walk

Tested SPM2 stream

**WD**

Procrastination on spider-man

Tested PC stream

Ambiguous feedback

**WM**

Abbreviating feedback log

6/22/2024

**WW**

Spent time with Ma

Used Bryce's keyboard for my own purposes

Played the Watch Later playlist

[Built a Dream Life Google Doc](#)

Snuck an Oreo for the past 3 nights

**WD**

Had a strawberry Frappuccino at 11am

Tilted in overwatch

Didn't livestream

Got cranky

Took a nap

Watched the boys

**Plan**

Bed

Corn

Finish GTA video use computer more with new keyboard

Walk 2x, Eat and Livestream. Just show up. Plan life, TT and YouTube shorts clips in the morning

6/23/2024

**WW?**

Spent time with Ma (showed up)

Texted like 5 friends I thought were cool

Walked late one time

Pushed through frustration

Learned novelty from a

**WD?**

**No show to livestream**

PC internet trouble.

Not able to livestream smoothly

WM?

**Texting back friends from UNT every Sunday**

Self image realization

Doing novelty activities

Don't put happiness all on girl

Happiness comes from me

Self image "you're my friend" type

**Plan**

**Locked in**

Spamming three YouTube shorts voiceovers

Live-streaming

Eating a salad

Walking.

Long form video? Yes I'll figure it out lol

Carnage DLC thumbnail and talking

6/24/2023

**WW**

Showed up (late) made and posted about 4 original TikTok's shit posting

New strategy for short form original: *Use stream highlights to make a relatable clip*

WD

Late on the logging but showed up

Anxiously expecting a text back from girl

WM

Resist girl

Implement strategy

Play support and stay alive on support lol

Flipping iPhone 11's on eBay

Flipping Nintendo Switches

Spend money on Dropshipping products

6/25/2024

WW

Shitposting TikTok

3 walks

Livestreamed

Paycheck of \$243 on ebay received

Break beliefs

Played Overwatch

Identified Sadot the Gamer and Sam Bucha as competitors

Not being able to tell what im feeling on camera

Ordered iphone on Swabba (bought at \$175, selling for \$220

Went to bed early

[Created a loose summer schedule](#)

Watched corn almost everyday for the month of june

WD

I don't feel i did a lot

WM

Ebay iphone flipping promoted

Have the item beforehand Use facebook marketplace

Break beliefs

6/26/2024

WW

Too much fucking time on overwatch

Initiated support for buyer refund on ebay

Time

WD

Wishing for time away from overwatch

WM

6/27/2024

WW

Live Streamed early on Overwatch then Roblox

Stay customer-focused

Discovered the sleep niche from @wannercashcow on twitter

How to make longer YouTube videos

Watched DashieXP

WD

Not livestreaming early

WM

Livestream early unapologetically

Plan: Spider-Man 2 Livestream either early morning or second stream

Finish editing Loser Simulator

Shorts

6/28/2024

WW?

Live-streamed early

Finished editing Loser Simulator video

Changed the thumbnail

Gained 30 followers on TikTok

Dissected how to make a faceless TikTok and earn money

WD

YouTube shorts posting

Two vices: Overwatch & porn

WM?

TikTok growth account

Have the channel turn into a gaining followers account

Ride Tooty round the neighborhood

Play overwatch and take risks

Try not to die, play cover

Apply these principles outside of overwatch

6/29/2024

WW?

Watched a MSPM webswinging helpful guide

WD?

Tiktok live for easy followers and junk

WM

Spider-man webswinging tricks

Falling in love with MSPM2 traversals

Vague log

6/30/2024

WW?

"There are no off days"

Made a sale

Fell in love with content creation

Jumped out comfort zone

Faked it till I made it

iPhone investment

Bought green screen

Bought ring light from Amazon

Live-streamed

Made a video for TNI reacts

WD?

Posting clips to YouTube shorts

Trying to take a break

Trying to build a custom Roblox obby game

Happy time leftovers lol

Sold a product to a buyer that was defective

Got mad I lied to a customer about the Face ID not working even though the camera was blurry



WM?

Paying for animators for fights

Have perfect attendance

Plans:

Pick a desired week to spend money and collect money. Even pick a specific day

I have \$199 in cashapp but I don't want to spend that money now

Video idea: **donating money to small livestreamers on YouTube (Goood idea. On a walk now). Thumbnail in twitch donation text: *Bray2cool donated \$5. No***

***Plan: open another checking account to actually save money***

7/1/2024

WW?

Took a walk

Assembled greenscreen

WD?

No plan for the day

Vague plan

Too much time in bed

Writers block

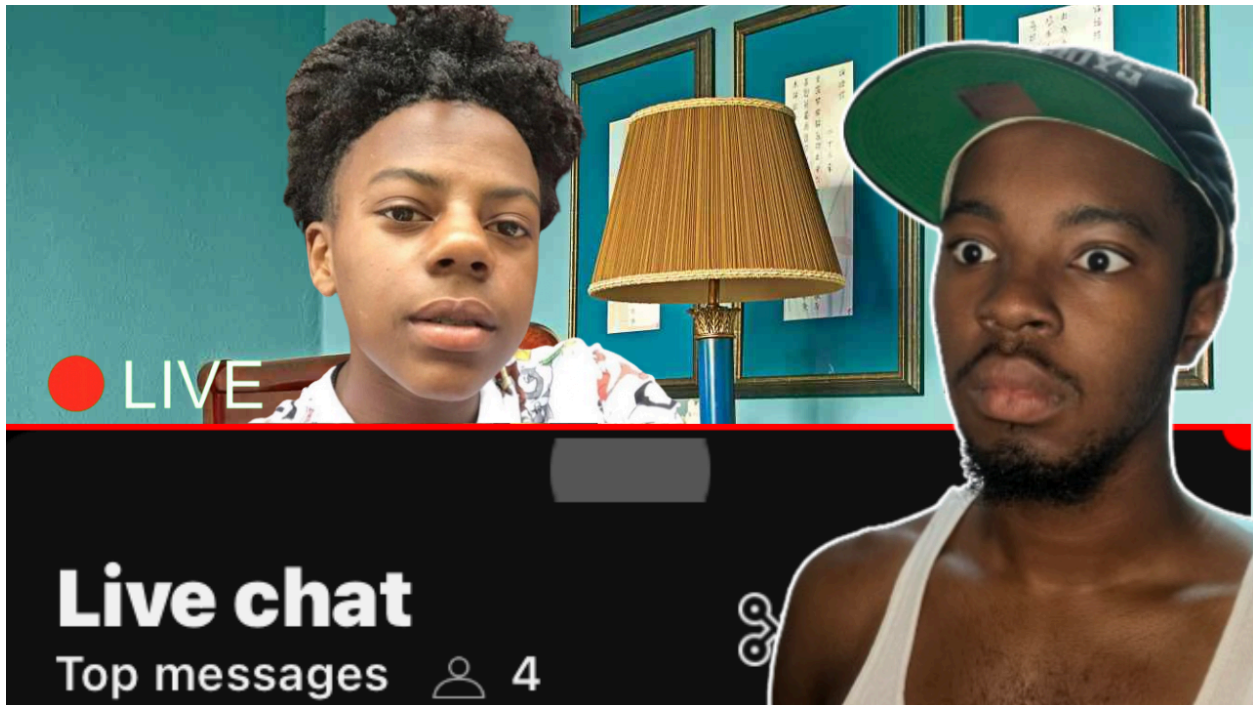
WM?

Action Plan:

Download PC 3D puzzle games

Copy Sam Bucha video

Change this bland to smiling



7/2/2024

WW?

Live Streamed

WD?

Little brother is here and i don't want him in my clips

WM?

**7/3/2024**

What worked?

Woke up late

What didn't work?

No plan the following day

Found a way to source YouTube shorts

What more?

Eat light breakfast?

Plan: React to the Berserk trailer and offer my own thoughts and opinions

7/4/2024

WW?

Livestreamed (Long livestream)

Walked to stop sign.

Delayed gratification

**Work flow please read**

WD?

Did I use my scooter to escape

Procrastinated making the iShowspeed video

Played overwatch to cope

Didn't upload a short

\$24 charged to bank account

WM?

15 minute timers when you don't want to do the work

Plan:

Compile the relevant videos of iShowSpeed (Famous creator) into the Capcut file

Start intense research on how much money skibibidi toilet guy makes

7/5/2024

WW?

Live-streamed and played Roblox w subscribers

Finished Ishowspeed video

Developed a workflow (see above)

Read one punch man

WD?

WM?

Plan: play a record the police mystery on prerecorded video

7/6/2024

WW?

Live-streamed

Walked

Took family to downtown Dallas

Foreshadowed car

Made plans in content creator notes

Resisted sugar to “work” record videos

7/72024

WW

Read MHA manga.

Learned to keep going even if my limbs are cut off

WD?

Trying to “reinvest back into the business”

WM?

Play sports games on Roblox

PLAN: take tooty and gym rings to workout in the morning

Livestream: play a 2k bootlegged game

7/8/2024

WW

Livestream

Got iPad working

Found my net worth was -2700

Learned energy over time

Watched a video from Little Bit Better YouTube channel

**Cueprompter**

WD

Spent my energy on over watch

Learned bad energygy

WM

How to get more energy

Plan; 7/9/2024

Make a teleprompter video about some fun news for short

Find a news article and then take that news article and have a Gemini summarize a news article  
EventSpace news article into Teleprompter app

7/9/2024

WW?

Made a Sam Bucha Short

Used teleprompter

Used AI for ideas

Showed up on livestream

Spent a lot of time chatting with AI

Watched a Jojo fight compilation on YouTube

WD?

Wasting my time arguing with girls who kept saying "He stank" when standing right behind me and my little brother

WM?

12 week period

Little Bit Better YouTube podcasts

Plan: 7/10/2024

Have Gemini create a spreadsheet of what worked, what didn't work and what more of.

Livestream

7/10/2024

WW

Livestreamed

Laser focuses on iPad YouTube video from Little Bit Better

Produced two YouTube shorts same day

WD

Too much time watching all JJBA parte 5 fights in bed past 9am

Not productively chatting with Gemini about WWWDWM Spreadsheet

2 YouTube shorts outside of niche

WM

Plan 7/12/2024

Send this link to 2cool discord

<https://youtu.be/q5uArtB9lz8?si=l8IIHcQ4YEJnsRH5>

3x Bible verse on faceless TikTok.

Livestream

1x on personal brand

7/11/2024

WW?

Posted 3x bible verses on faceless TikTok

Found a name for clothing brand using namelix



WD?

WM?

Plan for 7/12/2024

Post 3x bible verse on faceless TikTok



Post on personal Instagram story a poll asking if they would be interested in a Jesus T-shirt

7/12/2024

WW?

Chatting with Gemini about my problems

Live-streamed

Played Roblox with subscribers

Spent the learning period texting AI back and forth

Joined Jon Yousheai's discord and got a lil active with the YouTube nerds

Learned Dan Harmon's story circle

WD?

Frustrated Burnt out

Cancelling the clothing brand plans

Missing UNT campus

Car buying

Shiorts fails

WM?

Playing games with subscribers

Use the story circle like Love, Death, and Robots uses its formula for everything

Plan: 7/13/2024

Livestream?

Check Jon Yousheai discord for video roasting, idea roasting, thumbnail roast, participate.

Make a practice TikTok following the story structure

7/13/2024

### **What worked**

Made this [YouTube ideation google doc](#)

**Bought and ordered a YouTube book from Darell Eves**

### **WD?**

Talking to family about YouTube

Talking about my plans

Talking about my bringing my laptop to "vacation"

### **WM**

Ideate in the ideas google doc

Spend more time ideate

### **Plan 7/14/2024**

Walk

Find a way to build an audience around my content

Livestream

Ideate in Google Doc

Listen to MrBeast interview

Study outlier theory & innovate

### **7/14/2024**

### **WW**

Walked

Livestreamed

Took time to know my audience

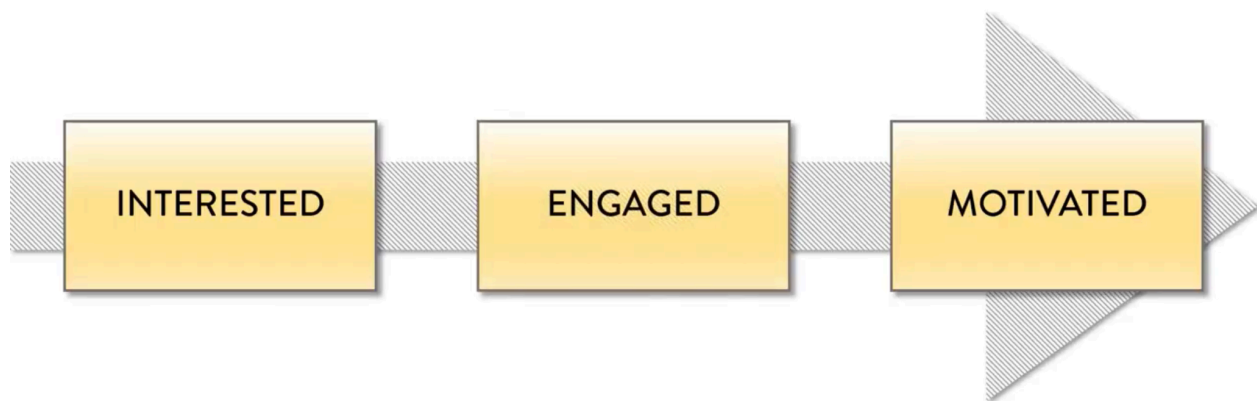
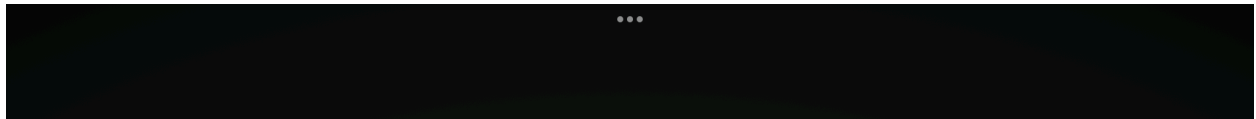
Listened to a MrBeast podcast Jon Youshaei and Joe Rogan Mr Beast podcast

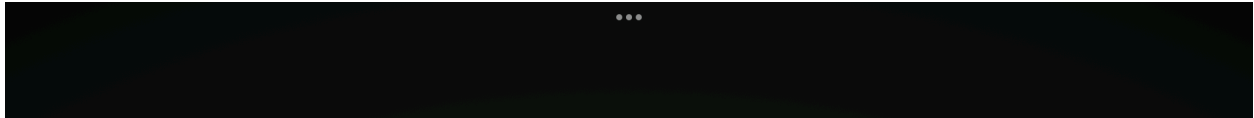
[Found this video on knowing my audience](#)

[Watched a video on a mixed audience](#)

Made a thumbnail for the Roblox Toxic 1v1 video

Left the house multiple times for outside on tooty





AUDIENCE  
INTEREST

PROFILE

Who are they? What do they care about?

AUDIENCE  
ENGAGEMENT

INTENTION

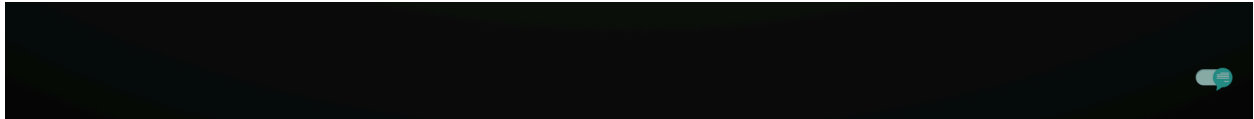
Are they attending by choice?

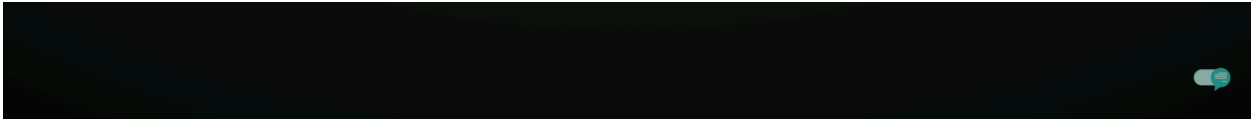
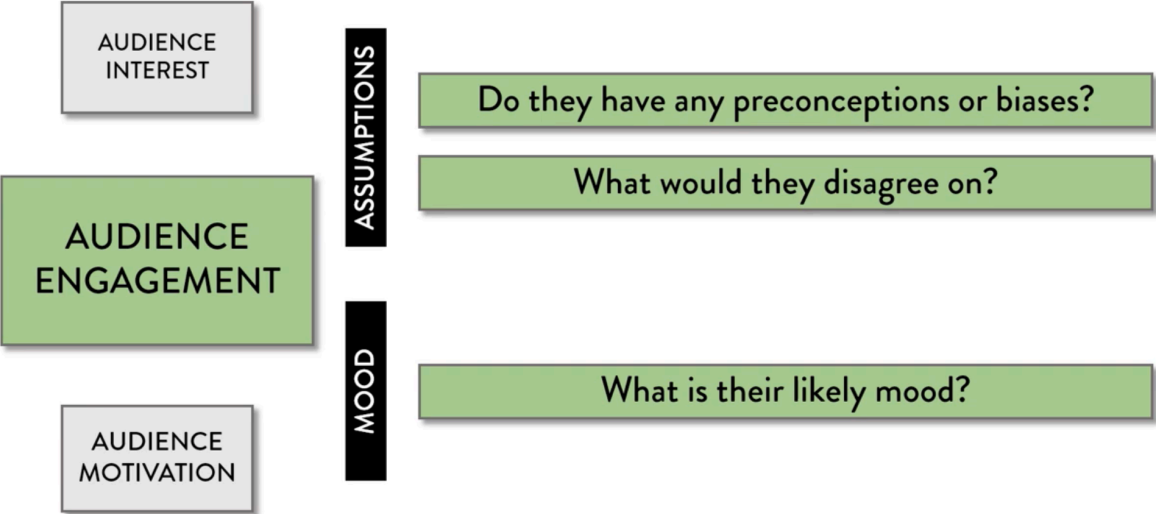
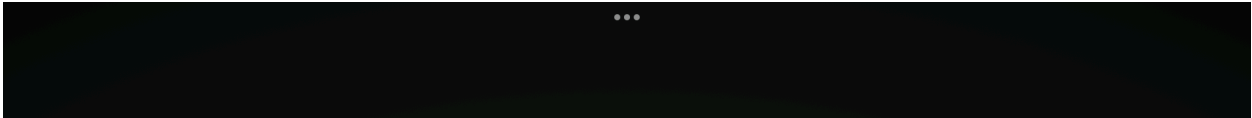
AUDIENCE  
MOTIVATION

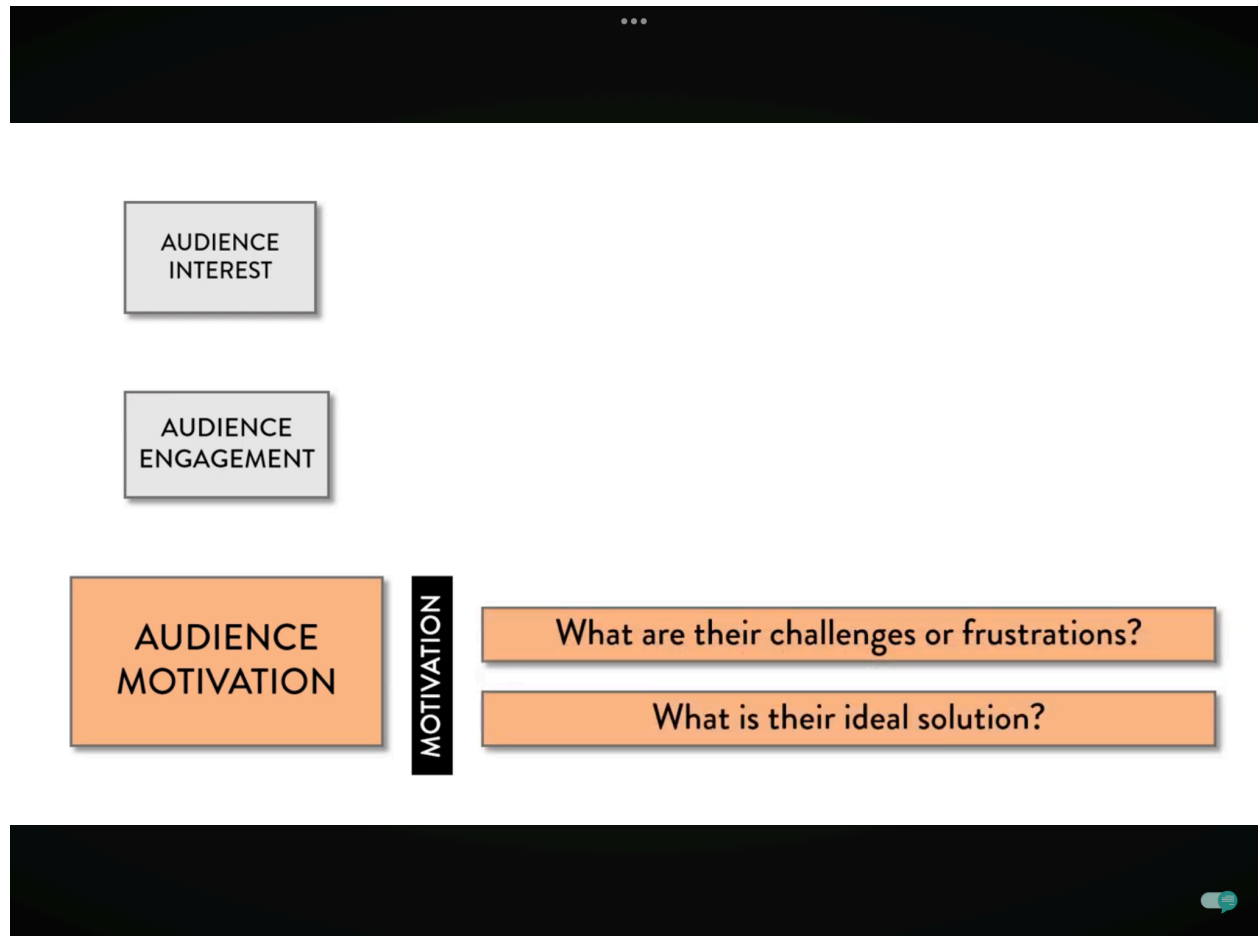
KNOWLEDGE

What do they already know?

What do they need to know?







WD

So what do I do with the info? Apply it

Poop

Worked on a Sunday ( I love it though)

WM

More just listening to the same MrBeast podcast

More pictures in feedback Google doc

## Plan

7/15/2024

Find a way to tell an authentic story from previous existing content

Update quota

Voiceover using the story circle for 1v1ing subscribers

Make Untitled Boxing Game Thumbnail (use outliers)

Done





Roblox studio

**7/15/2024**

**WW**

Livestreamed

Watched a Charlie Morgan video on status and freedom

Felt motivated at the end

Looked a Dan Harmon story-circle

Made a draft voiceover for Roblox Untitled Boxing Game

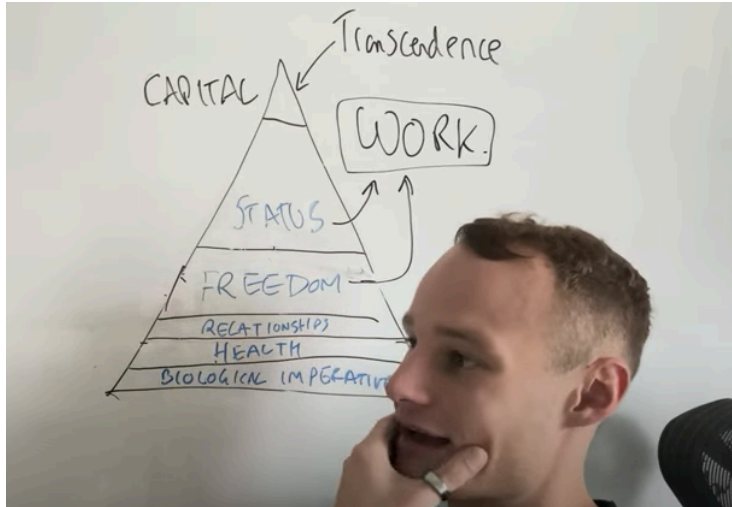
Watched a Terry Crews Jon YouShaei Interview- Notes below

Learned Judgement Kills Creativity

Know fear from excitement

Marketing and entertainment are the same-learned





## **WD**

Stayed in Bed too long

Played Overwatch competitive for the T500 rank status

Jon Youshaei cut aways

## **WM**

Mr Beast Interviews Podcast

**7/16/2024**

## **Plan**

### **Walk (if possible)**

Consume downloaded videos on plane

Truly truly rest

Bring laptop charger

Listen to interviews and take notes

**7/16/2024**

**WW**

Woke up before 6

Chatted with unc Gary

TOOK A WALK

My YouTube book

Packed ready to go

Vision; give money, resources back to community

Read several pages from YouTube formula

Said "No judgement" In My Head Whenever I Judged Somebody

Made a notepad dedicated to Mr Beast notes

Added a "For Me" section where I can write some actionable advice

Watched Mr Beast Philanthropy Compilation



## **WD**

Trying to work more

Trying to go back to the Bronx

Using TikTok brainrot

Judging others (kills creativity)

Not understanding the NYC subway system

## **WM**

Plan 7/16/2024

Vacation

Post Roblox Video

Take more videos

,

7/17/2024

WW

Slept using the blinking technique

Used Gemini to help come up with a YouTube title

Walked around New York with family

Had an important chat with Bryce

WD

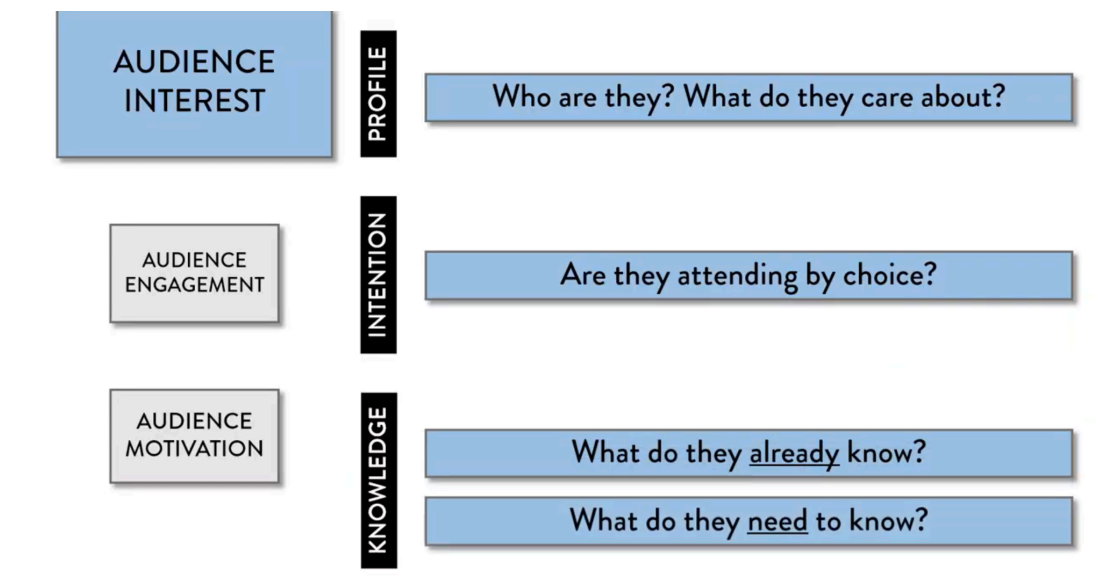
Posted a YouTube video and expected it to get one view

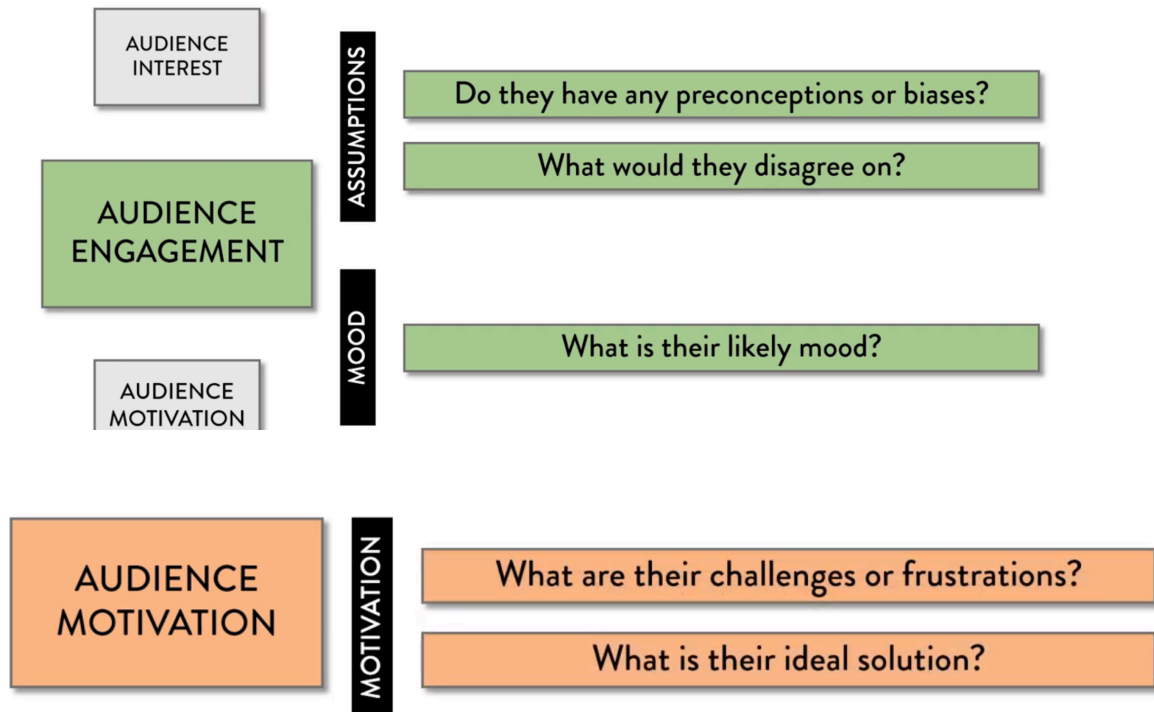
Not keeping the audience in mind while recording videos

Carnage YouTube Video

WM

Use the audience retention hack while actively making a video (take yo time lol)





Plan 7/18/2024

Listen to several interviews

Michael Jackson interview

Nike Owner interview- Why? Understands its audience

Spend time w familia

7/18/2024

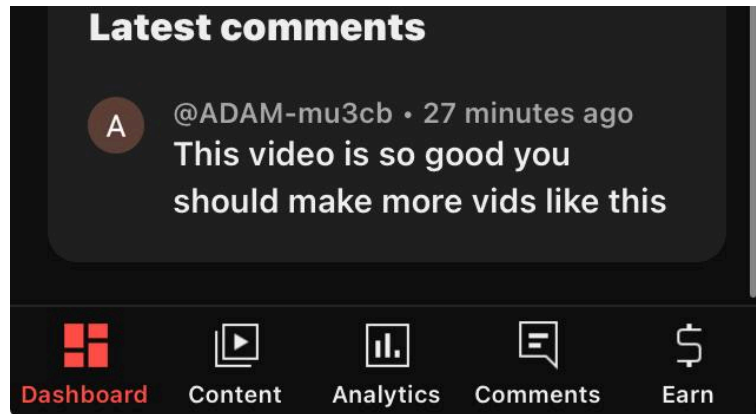
WW

Woke up

Video got 13 views (Goal was one view lol)

Cancelled Shopify subscription

Got positive feedback on latest YouTube video (ss below)



Used the Dan Harmon story circle, authenticity, and audience chart

Took notes on the Wiz Broadway show

WD

Shopify charging my account

WM

Plan:

Listen to Michael Jackson interview in the airport

Here's link to above: [Michael Jackson 1997 Barbara Walters Interview \(September 7, 1997\)](#)

7/19/2024

**WW?**

Woke up

**Plane ride**

Read the YouTube book and found this (in comment)

Felt way better clarified for a minute after jotting the comment on the right down into the 2 audience doc

Good retention on the latest video (YouTube war)

Found notes from My MrBeast interview session

Journalled my MrBeast notes in here.

**Come up with ideas first figure out if it's doable second- 21:56 Bakslash**

**Give into natural work instinct- late nights- 23:42 Bakslash**

**No fancy cars, mansions, and luxury just reinvest back into business- 26:06 Bakslash**

**We agreed not to drink, date, do drugs we just literally obsessed over YouTube 26:49 Bakslash**

**People think their videos are better than they actually are 27:48 bakslash**

**Get a friend group that will actually roast your videos in a nice positive way 28:13 bakslash**

**...Better to get 5 million views on 1 video than 50,000 views on 100 videos 28.22**

**Roasted thumbnails and ideas in Jon Youshaei Discord server**

**WD?**

Got around 2 hours of sleep

Mom's interview is too long in NYC video trim it to about 5-8 seconds

Too fast jumpcut around 30 second mark (cut the second bus scene pls and thank you)

Way too many face shots around 0:42 to 0:54- cut bray getting in the subway. Audience knows already

Cut 1:27 out to Bray eating apple- camera flip not needed bruh

Cut to Bray eating apple (possibly)

**WM?**

Do MrBeast work earlier

Zoom in on red haired lady on right around 0:58 seconds (replay clip if needed)

Add b-roll around 1:09

**Plan: 7/20/2024**

Edit videoover on phone

Initiate refund for YouTube book

Start to plan the next five years as a comment in this google doc

Short livestream around 9am to 10am

**Long term plan**

Go through Discord and answer thumbnails, idea and intro roast

7/20/2024

WW

Watched an anime summary on youtube

Livestreamed 10am

Asked questions in the YouTube discord

[Listened to Vanessa Lau's "Millionaire at 26" video](#)

**Learned to invest in intellectual capital, human capital, and social capital**

**Everything is a projection**

**Stop idolizing/ fanboying: 10.37**

**You can doubt your work; don't devalue yourself: 11.37**

**Take more risks**



**Go Deep**

**Embrace being Lost**

**Understand Politics**

**Your Values Will Change Over Time**

**Don't Ditch Your Friends**

**Get To Know My Family**

**Ask More Questions**

**Go Deep on one thing than Wide: Bonus made up by me lol**

**Lex Fridman Interview**

**Schedule A Video For When I Die**

**For brand deals tell people how you're using the money to better the videos ~17:51**

**What Do You Want To Be Doing In Ten Years? YouTube is the end goal: 30:27**

**For me, I found YouTube is the end game**

**If You Consume Enough Viral Content, You Train Brain To See Viral Patterns 32:25**

**"I've Kinda Consumed The Most Viewed Videos On YouTube For WAY Too Many Years"  
33.32**

WD?

Didn't walk that often today

Disagreed with investing into courses from Vanessa Lau

Did nonsense with corn

WM

YouTube irl skits

Going with the flow

Asking questions once a day in the Jon Youshaei YouTube discord

Join moneymaxxing's course

Log valuable intellevt capital in here

Have violating the YT community guidelines as stakes

## **Plan**

**7/21/2024**

Livestream

Listen to Lex Fridman MrBeast podcast

Investigate Robert Benjamin's YouTube mentoring course

Post on X for creators

7/21/2024

WW

Live-streamed

Walked

Identified my two vices

Identified it comes from loneliness in bed

**Lex Fridman MrBeast Video podcast 2**

**Working Well Off of Inspiration 41:23 -Works for Jimmy? Works for me?**

**To Get A 100 Million Views- need something creative, original, something people really need to see 41.51**

**Neuronetwork of the brain, generating, video title, thumbnail all at once. 42.17**

**What makes a good title? Represents length-43.01**

**See Everyone as collaborators instead of competitors on YouTube 53.06**

**Virality can be engineered 57.21**

**You Can Study Your Way To Virality 58:15**

**MrBeast information is on podcast 58.41**

**Mr Beast Plays Board Games lol- Bonus**

**Be Very Selective With The People You Surround Yourself With 2:09:00**

**Lex Fridman Bezos Interview**

**Day 1 thinking 1.22.30**

Built a mobile game on Buildbox

Recorded a video on Marvel's Spider-Man 2

WD

Late walk

Two vices: Overwatch and corn

Subscribed to Buildbox \$3.99 weekly plan

WM

Develop a SAAS marketplace for YouTube creators to buy their equipment and what not

7/22/2024

WW

Looked into camera more

Pretended there was a person on the other side of the camera

Watched a Charlie Morgan Video on resistance again- He used psychological challenge to get me to watch the video all the way until the end

Learned to feel that "pain" to change my identity to get to my goals

WD

Watching a MrBeast podcast from Full Send after clicking off a Charlie Morgan Video

WM

Plan make a late night YouTube video

**Plan**

Figure out where anime get their ideas from

Livestream

Pain

Watch Charlie Morgan video on pain next week

Record a death video

7/23/2024

WW

Walked

Livestreamed

Recorded a skit

Uploaded a faceless channel on the second channel

Studied skit videos

Noah Morris interview

Watched an Amazon pirated course

### **Use Amazon FBA**

Used a Xbox username generator for channel bran

Recorded a Finance Video for the finance channel

Used the audience visualizer

Made an Amazon Individual seller account

Changed the **plans** section to **goals**

WD

Orientation leader audience showed up to livestream

Trying to help a shorts channel come up with ideas and finding clips

“Getting brand approval” on Amazon FBA

WM

Studying YouTube

Plan

**Goals**

Walk  
Livestream

Watch Amazon FBA pirated course

Death Video

Start packing for college

7/24/2024

**WW**

Found i can use the Amazon seller app to sell and list items quickly

Found my classmates Edwin uses this exact same strategy

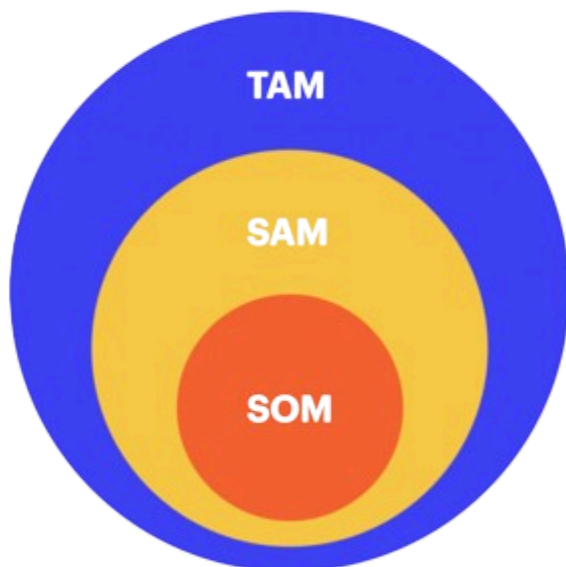
Made my first listing using the Amazon seller app (scanned the discovery sticker on laptop)

[Watched this video audience](#)

Learned to find the TAM, SAM, and <sup>TM</sup> ( Total addressable market, Service Addressable Market, Target Market

Used Snapchat effects to make a funny character funny.

Recorded a skit in one take





## **WD**

Packing up for college (shit...)

Barbershop

Resisting the change on inertia

"Finish this. Don't be weak" when watching corn

## **WM**

Use the Amazon seller app to scan products found in store and in home

## **Plan**

Walk

Livestream

Pack4college

Skit2shorts

Death video

Tweet x2 a day

7/25/2024

WW

Walked

Livestreamed

Watched a video on making a business in your 20s

[Watched a Amazon FBA for beginners for beginners by Amazon](#)

## **Notes**

Anything can be learned for free

This is not a "get rich quick scheme" but something to build with a job or something

Find high demand, low supply

How to actually source the products

How Do I Actually find a good product

Messaged a manufacturer about a "egg cooker product"

Found out employees/staff/staff cost \$17,000

Tweeted a tweet saying I love @youtube and tweet got around 4impressions real quick



WD

The manufacturer seemed like a bot

WM

Get money for the Jungle Scout and message manufacturers about product

Watch Circus performer videos for fun

Watch Drum Major dances from black ppl

Use promises on new ppl (RA)- watch video above somewhere lol

Type my comment first then read comments

Got my contacts popped in

Attended universoul circues0 Noticed they used more human performers than animals

Found my title has to match the video production of the YouTube video

## **Plan**

Walk

Livestream

Pack

Move out college

## **Long term**

Scroll the what worked logged during work

7/26/2024

**WW**

Walked

Livestreamed

Packed up for college

[Found this youtube video on how to do free mockups for clothing brand](#)

[Found the best superhero skit ever](#)

Moved into college

## **WD**

Tried to make Deadpool skit but I hate having the mask on. I want my face

## **WM**

### **Plan**

Livestream

Be fast

7/27/2024

WW?

Woke

Set up PC

Identified the 3 types of capital

Found Logitech Wireless combo has terrible packaging

Watched a skit compilation from Jordan and Peele (Player names and university)

Made a list of things I forgot and might forget about

Gave into my instinct to record and edit a video (it's 1:39am now)

Judged not wanting to do something to actually doing it

Studying MrBeast

WD

Skytech Keyboard doesn't work

Tooty flattening tire

Contacts in

Walked

Returned the wireless combo mk back two times

Found the keyboard and mouse were included in a separate section

So tired of documentaries

Looked at the Mr Beast React channel for inspiration

WM

Mozart bike

Return chess

Raise human capital

Raise intellectual capital

Raise financial capital

Need more social capital

**7/28/2024**

WW

Woke up before 9am

DM'ed dvb about viral YouTube shorts hooks link [here](#)

Pivoted from gym to rings exercise

Found act first before judgement takes over

Planned to deposit \$100/mo into savings

Long walk on campus

NY sub-hub for lunch

Discriminated making shirts its own thing

Discriminated making long form its own thing

Studies MrBeast short form content

Used the *proven viral hooks doc to ideate (below)*

Used the dvb hook broad to use as inspiration

**positive:**

- Why Men Love **X**
- The Genius **X** of **Y**
- The Greatest **X** of All Time
- The Incredible **X** Story
- The Rise, Fall & Rise Again of **X**
- How One Man Is Keeping **X** Alive
- Brutally Honest Advice for **X** To **Y**
- Beginners Guide to **X** in 2024

**negative:**

- The Decline of **X**... What Happened?
- The Dramatic Downfall Of **X**
- **X** Will Fail, Here's Why.
- How **X** Destroyed **Y**
- How **X** Ruined **Y**
- **X** Tried To Warn You
- What The F\*ck Happened to **X**?
- **X** Is Way Scarier Than You Think... Here's Why.
- Most Terrifying **X** That Ever Happened!
- The Disturbing Rise of **X**
- How **X** Became The Most Hated **Y** Ever
- **X** Is Everything Wrong With **Y**
- **X** Is Worse Than You Thought
- Why I Hate **X**
- **X**: The Most Evil **Y** in the World

- **X**: The Most Evil **Y** in the World
- Why **X** is a Dangerous & Stupid Idea
- **X** is a Dumb Idea, Here's Why.
- The Worst **X** of All Time
- The Worst **X** You Never Heard About
- **X** is a Parody of the 21st Century
- **X** Will Be The Worst **Y** Ever Made
- The Terrifying Last **X** of **Y**
- How **X** Is Killing **Y**
- How **X** Became The Most Hated **Y** In **Z**
- How **X** Destroyed His **Y**
- How **X** Lost **Y** In 1 Year
- How **X** Lost **Y**...
- This **X** Could **Y**. Why Did it Fail?
- The Dark Side Of **X**
- The Tragic **X** of **Y**
- The Tragic Story of **X**
- The Disturbing History of **X**
- The Satisfying Downfall of **X**
- Why **X** Lost **Y**
- How **X** Destroyed His **Y** In One **Z**...
- The Rise and Fall of **X**
- Why **X** Doesn't Want **Y**
- How **X** Lost His Entire **Y** In **Z** Days
- The **X** Situation Gets Worse...
- The Disturbing Story of **X**
- The \$**X** Problem with **Y**
- Most Disrespectful **X** Moments of All Time
- When **X** Lose Control
- Unluckiest **X** Moments

- Unluckiest **X** Moments
- The Worst **X** in America
- The Biggest Fraud in **X**
- The Worst **X** on the Internet
- The Dirty **X** Behind **Y**
- The Dark Secrets of **X**
- **X** Has Fallen. What Happened?
- The Incredibly Satisfying Downfall of **X**
- Don't **X** Until You Watch This
- The (Overdue) Collapse of **X**
- You Will Never **X**, Here's Why...
- WTF Does **X** Actually Do?
- What The F\*ck Is Happening with **X**?
- How **X** Ended **Y**
- **X** Who Got Caught **Y**
- The Scariest Day In **X** History.



#### neutral:

- 5 Ways to **X**
- How to Actually **X**
- The Truth About **X**
- The Untold Truth of **X**
- The Most Important **X** of All Time
- **X** Won't Exist In 1 Year. Here's Why.
- Why **X** Will Disappear in 1 Year
- Why **X** Has Gotten So **Y**?
- Is **X** Hiding **Y**?!
- Why **X** Is Hiding **Y**
- The Video **X** Doesn't Want You to See

- The **X** That Changed **Y** Forever
- How **X** Changed **Y** Forever
- How **X** Change **Y** Forever
- From **X** to **Y**: The Rise of **Z**
- Where Is **X** Today?
- **X** Things You Didn't Know About **Y**
- **X** Things **Y** Owns That Cost More Than Your Life
- Stupidly Expensive Things **X** Don't Talk About
- How **X** Is Becoming **Y**
- The Real Reason **X** Is Always **Y**
- Why People Think **X**
- What Happens if **X**?
- What Happens When You **X**?
- What's Really Happening in **X**
- **X** Times **Y** Almost Got **Z**
- **X** Who've Been **Y**
- The Untold Story of **X**
- Famous **X**'s Secret **Y**
- How **X** Became So **Y**
- Every **X** Who Got **Y** (& Why)
- How One **X** Caused **Y**
- The **X** Who Created **Y**
- **X**: The World's First **Y**
- The **X** Who **Y** An Entire **Z**
- How a **X** With **Y** Created **Z**
- Why No **X** Has **Y**
- Here's What Happens to **X** When You **Y**
- Why I Will Never **X**





- Can you **X** a **Y**?
- **X** is Actually a **Y**
- This **X** Shocked The World!
- The Secret **X** That **Y** Everything
- The Most **X Y** In The World: **Z**
- **X**: The Man Who Owned **Y**
- **X**: The Craziest **Y** EVER
- This Video Will Make You **X Y**
- The Real Story of **X**
- This **X** Will Take Over **Y**
- Can **X** Actually **Y**?
- Why **X** Are So **Y**
- Meet The Man Who **X**
- This Will Change How You Think About **X**
- Why **X** Betrayed **Y**
- **X** Explained
- What Happened in **Y**?
- You're Not **X**: My System for **Y**
- When **X** Got **Y**
- When **X** Realize **Y**
- When **X** Goes Too Far
- When **X** Thinks He's **Y**
- When **X** Got Caught on Camera
- **X** Does **Y**, Then This Happens!
- **X** Shocking Signs That **Y**!
- **X** Secret Things **Y** Knows About You!
- **X** Secret Hacks To **Y**
- I Made a Secret **X** To Prove It's Not Luck
- How to **X** If you're **Y**
- The Blueprint to **X** as a Beginner (2024)



- X Secret Hacks To Y
- I Made a Secret X To Prove It's Not Luck
- How to X If you're Y
- The Blueprint to X as a Beginner (2024)
- When X Try to Y
- The Insane Truth About X
- X You Won't Believe Exist!
- The Entire History of X
- 1 in a Trillion X Moments
- X WEIRDEST Y
- The Weirdest X on the Internet
- The Bizarre World of X
- X's Secret Y
- If You're X... DO THIS NOW!
- The Man Who Owns X
- When X People Think They're Y
- How X Actually Works
- Everything You Need To Know About X
- Why X Will Always Be Y
- So You Want to be a X?
- The Mastermind Behind X
- The Secret X That Owns Everything
- X: The Y That Started It All

- **dvb | the edge.**



WD

Almost sent an announcement saying I won't be streaming

Gym membership not activated yet. Tragic I know

Made a really graphic youtube short on berserk\*

(Ok coworkers are chill)-

I got to stay in my lane

Meeting was a lil awkward

2Vision Google Doc is a little janky. Hard to follow- (focus intensely)

Sat in the middle of two of my coworkers talking

Lost a YT subscriber

Masterbate tonight to skip

WM

Walk

Drink Water in the morning

### **Plan**

Repurpose long form into short form

Record videos using hooks from dvb

Livestream like hella early <4am

### **Vision 7/29/2024**

Wake up hella early, walk, come back, stream

Use available time to record YouTube videos

Leave dorm by 8:10am

Orientation backpack w binder

Wear camo shorts and green shirt tomorrow

I want more time dedicated to YouTube content creation. Ideating, packaging, learning, recording, documenting, and growing my YouTube career

This is going to be a painful several years. Let's enjoy the pain (easier said than done)

**ENTER R.A BRAY 7/28/2024**

---

**7/29/2024**

**WW**

Woke up at 1am then 6am

Listened to MrBeast podcast

Found there's a MrBeast location discord lol

Thought of video ideas while in meeting

Compared my audience profile graph to my RA job and saw how this meeting could be improved

Thought of video ideas during meetings

Hugged out the cold

Said what's up to old friend and new friends

Imprinted on two RA coworkers and supervisors

Made a detailed About Me board

Made a MrBeast video scheduled for next Wednesday

Loved the pain

Went to bed

Focused on YouTube whenever my mind went off during meetings

Spent around two hours with coworkers

Room toured the Grant and Autumn's room

Room toured Jelani and supervisor room

Talked to Faith and CJ

Sat with Grant for a good chunk of the meetings

Added a wow factor to the end of my MrBeast video

Used a hook from the above doc

## Found viral hooks from Bendi (Twitter)

- Did you know that (*Australia is wider than the Moon*)?
- Have you ever wondered why (*dogs can't eat chocolate*)?
- This is your reminder to (*always wash your hands*)
- This is why you shouldn't judge a book by its cover!
- You'll never believe what happened (*to this guy*)
- I discovered the secret of the (*beauty industry*)
- This may be controversial, but...

## WD

How do I follow through with the plan from yesterday? Livestream in the evening. Record in the evening, etc

Stayed in bed too long

Long hours during RA meeting

Listened to presenter read off of slides

## WM

More superhero skits

## Plan 7/30/2024

Go to BLB and work on YouTube ideas

Resist job brainwashing yet stay present

Write down video ideas and what to do on job

Check the three types of audience types:

Seatwarmers, Influencers, and Decision Makers

Grab Apple sauce tmr

Get branding for an Overwatch channel

7/30/2024

**WW**

Woke up

Failed an early livestream

Wrote down Sam Bucha Hooks from his YouTube Shorts (below)

Let's see if we can guess the religion of these characters

Which [X] is More Popular?

These Are The Most [X] In Every State

Dumbest [X] Who Got Caught

Would You Trust Them To Babysit Your Kid

Would You [X] Them To [Y] Your [Z]

Try To Guess The [X] Of These YouTubers

Humans Who Survived The Impossible

[Humans Who Survived The [X]

How Painful Are These Fictional [X]

How Painful Are These Fictional Diseases

Deadliest [X] Challenges In History

Who's The Most Subscibed YouTuber In These [X]- Subscribed YouTuber in games

What Percent Of The World Is \_\_\_\_\_

Is It A Part Of Their Body?

[X] Banned In Other Countries

Rarest Human Conditions

Rarest [X]

Went to the meeting spot to edit the first half of a video

Edited a little bit of the short before meeting

Used a new hard style

Sat in back to charge computer

Communicate for understanding

Learned people are prioritizing consequences more often than yelling

Remembered to use memos instead of PowerPoint while presenting

Identified a member of the audience is on their phone for entertainment because the meeting is pretty slow- just one presenter right now

Built up human capital

## **WD**

Meeting played a YouTube video mid- meeting over miscommunication

Trouble with YouTube video idead

Had a presenter walkthrough how to send a email on outlook. The audience already knows how to compose a email

Listened to a presenter read off of slides- cardinal presentation sin

Had a hard time balancing YouTube and meetung

Went with my gut to hang out with friends outside my dorm and won a game of Mario party

How do I solve inside world problems bro. Lie to yourself

Focused more on "college social life" then YouTube

## **WM**

"No judgment" speak in inside world

Send audience graph feedback to UNT suggestions tab. The meetings and presentations are so bad



## **Plan**

Print out Sam Bucha hooks and add it to printed out pages

Send UNT the audience profile maker

Hang out with CJ or Autumn if YouTube obsession no kick in

Focus and obsess over YouTube

7/31/2024

WW

A short on Flashy2Cool received 300 views as a first video

Woke up whenever I wanted

Went to Willis to print Sam Bucha hooks

Learned learning goals for UNT (helpful for yt)

## **Interpersonal skills**

### **Career readiness**

### **Global Citizenship**

### **Independence**

Built up human capital

Found a cool mocap app

One presenter used a stern tone

Print out pages off of slides and pass it out to audience

Learned to enter as a I go. (Applied to log doc)

Learned the program timeline can be used the same for YouTube videos

Good hook- secrets to successful circles

Actually got bored during a meeting (3:35pm. July 31st)

Tracked down I actually got bored

Learned humans are more cooperative when you're doing something **with** them, rather than "to" or "for" them

Learned to challenge people's beliefs online

[Learned "reality" is the physical world](#)

Learned reality is a mental, spiritual game

Made door devs for my residents

Learned to think of already having the action before doing the action

WD

No plan for main channel as of now

Collin and Samir challenged my beliefs

Music taste

Didn't livestream

Viewers commented on my livestream absence

Got pissed off for the above

YouTube studio tied to self identity

Community circle meeting was slow- presenter was monotone

WM

Don't visit Faith expecting 1 on 1 time. I'm usually going to be with her friends more often than not

Define what success is to me

## **Plan**

Gut instinct- current Bray has no plan now

MrBeast podcast and Self image podcast otw

Short video- edit

Short video record

Voiceover restaurant video using story circle

Learned how to challenge popular beliefs online

## **Track down whenever I get bored**

More door decs

More Hallway decorations

Use Willis Library printer instead of Crumly

Pretend I woke up early

8/1/2024

WW

Woke up to 1,235 subscribers from Sam Bucha short

Recorded "Which of these videogames are the most popular?"

Used a Google slide as a teleprompter

Add relevant pictures in remove.bg to download at once

Went in CapCut and added a fire alarm chirp

Visioned adding different levels in hallway for Mario theme

Went to library early

Looked at my social blade for future projections

Listened to Bob Proctor on the way to library to figure out Rasterbatwr

YouTube short gained around 5 subscribers.

Caught self thinking patterns whatever the Batman thing was lol

Actually got bored

Hung out with CJ

Made a I'm Dead Video

WD

stayed in bed for a little bit longer

Left autumn on delivered

Didn't put deodorant on

Noticed I'm lost right now

Missing coworker's company

YouTube obsession

WM

Door decs and plan content

Download made YouTube short and add music

Use which of these brands is the most popular

## **Plan**

Walk

Short

Long form video

Study YouTube

Edit

Repeat

8/2/2024

WW

Woke up

Recorded a popular brands video

Saisage breakfast

Got my postage taken care of

Listened to a Nr Beast video podcast on the way to work

Identified the president of UNT tell a “story” nice guy

Overwatch 2 shirt found its audience

Beat social blade’s goal of 1.24k subscribers

Viewed War Map

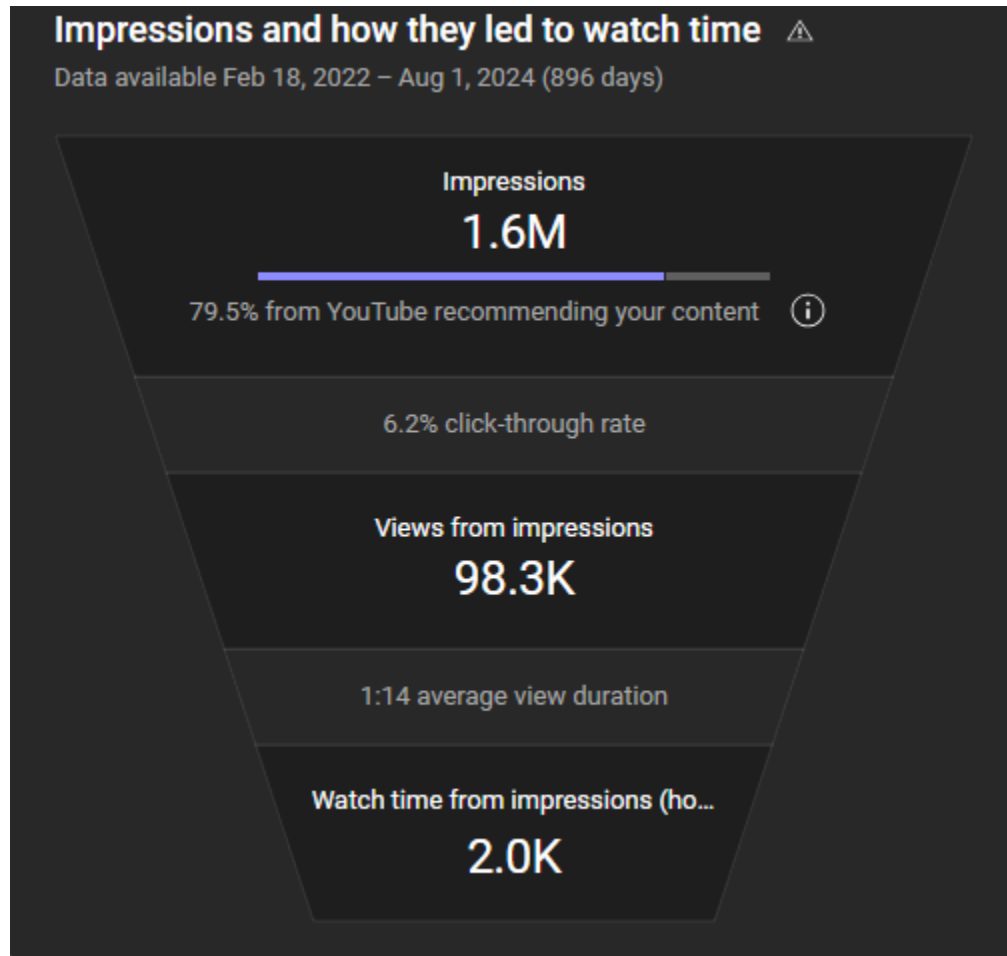
Used Google Slides as a teleprompter

Added and collected pictures into the removebg

Made a designated folder

Found a QR code generator online: [QR Creator - URL \(qr-creator.com\)](https://qr-creator.com)

Achieved one million impressions



Learned the “change frequency” mind tool lie

WD

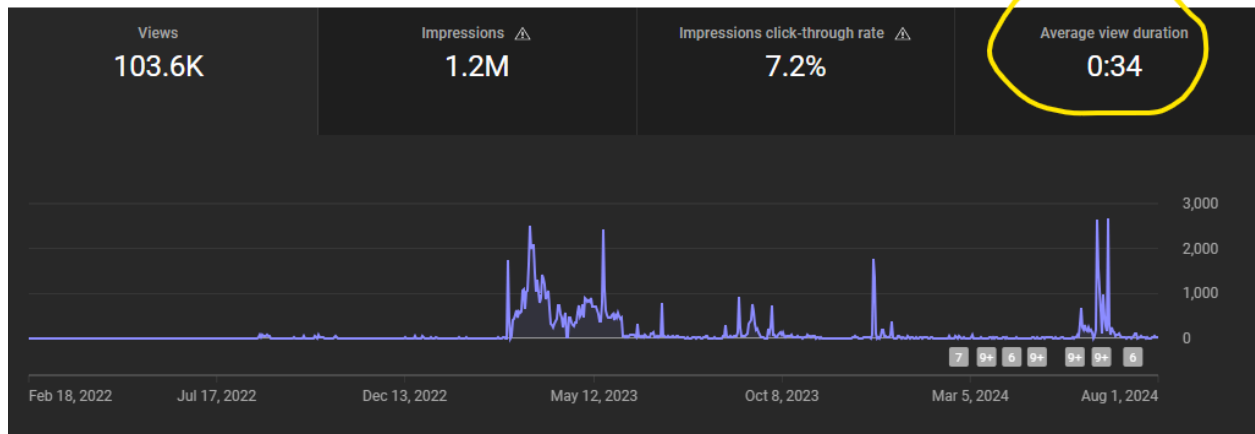
Walked to work instead of prior work

YouTube, work trouble

Listened to

Quiet time before the meeting -wanted to talk

AVD from 2024 till 22 is 0:34 seconds



Audio Quality Was Abysmal on 21 Days Until Spider-Man 2

Inro was bad because Bray was in his underwear

WM

Milking the “which of these [X] is the most popular”

Use different inputs at least 3

Add more pictures in the Google slides

**Plan**

Walk

Livestream b4 9:45am

Find another story circle

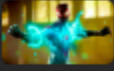
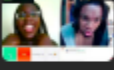
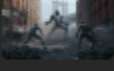

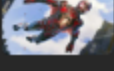
Scheduled desk for monday and wednesday 8-10pm

September 6-7 Working weekend Bray

Check Social Blade & Viewstats

Work on About Me

Study below typical intros

Below typical intros		
	21 Days Until Spiderman 2!	29%
	Telling People Jokes That Don't Make Sense	29%
	NEW Marvel's Spider-Man 2 PROMO	28%
	"Spider-Man Doesn't Kill"	24%
	22 DAYS UNTIL MARVEL'S SPIDER-MAN 2!	24%

Crumley Print Out Board

## Goals

Deposit \$100 into a separate bank account when payday hits from monthly RA stipend

8/3/2024

WW

Walked

Listened to Nero's "switch frequency" theory

Watched a MrBeast video live on stream

Learned to be a good person- not doing too much

Played 2048 while watching Nero video

Learned to do too much to be a **bad person**- entrepreneur

Learned my desire to be seen as a good person is reflected in the insecurities of others

Realized I'll move one YT



WD

Saw one of my death videos were scheduled and posted the same day today

Kept checking Instagram to see a text

Lost orange sunglasses

Spent \$12.99 at Chipotle

WM

YouTube obsession

### **Plan**

This video ends when my phone runs out of storage

Eat chipotle leftovers

Livestream

### **Plan tonight**

**Overwatch pc** watch Charlie Morgan and Nero

8/4/2024

WW

Made up I can measure average view duration for YouTube

Measured watch time from Blue Lock till recent video

walked

Learned to live a life outside of a screen

Learned to be bored source: <https://youtu.be/F2pEQIUmkWc?si=XdU26CEssshTadE0>

Learned to save 10% of what I earned

Learned to say fuck you to “do these by 30” lists

Learned I have an abundance mindset

Learned I can do all things I want; at different times

Found a spot for gym rings in between GAB

Learned love is the biggest driver of emotion than fear

Learned survivor’s guilt is apparent in entrepreneurs

Learned cool metaphor- the darkness is light

Learned to live life by design instead of living life on default

Found BLB shit spot

Learned I can use smart glasses as a secondary recording device

Listened to a MrBeast podcast while doing door dec junk

Learned to address a large total addressable market

Recorded a YouTube video with Autumn

Helped friend find her keys

WD

Couldn’t find a spot for gym rings

Stream farming

Being too friendly

WM

Listen to advice from people in their 40s

More video ideas

More hooks

Paste hooks in the ideas google doc

More physical skit video with friends

## **Plan**

Record and edit a YouTube short

Reply to at least one thumbnail dude on Jon Youshaei discord

Change frequency

Resist [X]

Walk

Livestream during free time

Bring camera glasses to work and record

Look up how to make a good Roblox game

Research how many gb smart glasses have

## **Biggest takeaways**

Live life by design; spend more time learning from youtube homepage

8/5/2024

**WW**

Walked

Recorded a short video

Looked at my own videos

Watched a comparison RAOC expectation video

Use sticky notes and paper

Remembered the “no judgement “ rule

Made a PlayStation



Added hooks to 2Vision audience section

Learned and remembered Metacognition

Donated money to small YouTube streamers

## **WD**

No podcast otw to work

In said RA video, the video had bloopers-

Audience didn't have a choice but to watch the bloopers

½ of the Audience lost interest- including myself

Lost my audience interest in a presenter

Video ideas

I-audience lost interest in speaker-

Learned can't carry Nerf guns, fake guns, and air soft guns on campus

YouTube obsession getting harder with work

Not making the restaurant war

Remembered the crabs in a bucket theory

Remembered Survivorship Bias

Left my coworkers conversation after I lost interest

Didn't post a YouTube shorts- kids wanted to

Got tired 4:26

One Piece video was like super short

## **WM**

Spam YouTube titles and schedule em

## **Plan**

Record Sam Bucha inspired short

Have RAOC phone number in phone

Leg hair grooming

Finishing [X] in 30 Seconds

8/6/2024

WW

Had a lucid dream

Walked to gym ring tree

Swung on gym rings upside down

Hung on gym rings on one hand

Woke up curious about metacognition

Noticed Voodoos Spider-Man naked suit brought in quarter thousand viewers

Earned subscriber

Learned “my comfort is better than their safety”

Learned “my comfort is better than [X]

Learned My [X] is better than [Y]

Reached 525,000 views

Socialblade projects 10k subscribers

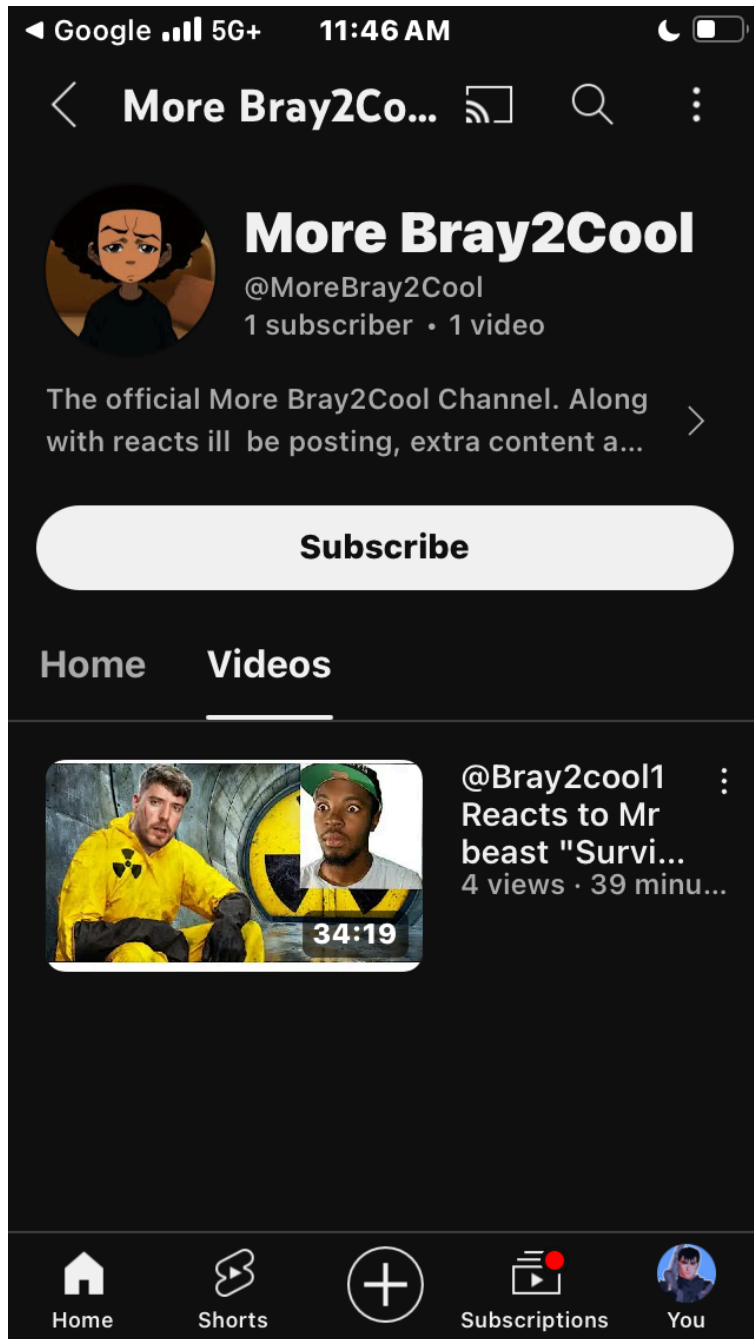
“What are [x] going to do after [Y]

SocialBlade Metrics seem to be on track

GOAL DATE	•TIME UNTIL•	SUBS PREDICTION	VIEWS PREDICTION	SHARE THIS GOAL	
2024-10-06	2 months	1,400	726,835	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2024-12-06	4 months	1,640	1,028,795	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2025-02-06	6 months	1,977	1,458,200	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2025-04-06	8 months	2,386	1,981,497	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2025-06-06	10 months	2,899	2,640,111	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2025-08-06	12 months	3,503	3,418,263	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2025-10-06	1yr 2mo	4,198	4,315,953	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2025-12-06	1yr 4mo	4,985	5,333,180	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2026-02-06	1yr 6mo	5,878	6,489,576	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2026-04-06	1yr 8mo	6,816	7,704,689	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2026-06-06	1yr 10mo	7,876	9,078,569	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2026-08-06	2 years	9,027	10,571,988	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2026-10-06	2yr 2mo	10,269	12,184,944	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2026-12-06	2yr 4mo	11,603	13,917,437	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2027-02-06	2yr 6mo	13,052	15,800,826	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2027-04-06	2yr 8mo	14,519	17,707,753	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2027-06-06	2yr 10mo	16,125	19,796,900	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2027-08-06	3 years	17,823	22,005,585	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2027-10-06	3yr 2mo	19,612	24,333,807	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2027-12-06	3yr 4mo	21,493	26,781,567	<a href="#">f SHARE</a>	<a href="#">TWEET</a>

Learned 0.1 of watch time is when the viewer fully watches the video

Sent Finishing Naruto video in the Jon YouShaei Discord server



Subscriber made a second channel

Ordered \$10 chick fil

Went to Walmart to get potluck food

Got excited multiple times

Edited a long form video



Visited coworker

Got

WD

Computer not charged

Stream was a little quiet

Got tired during work

Talking head video RA video is a lil slow

Didn't have a vision

Missed call from coworker

WM

Emergency meeting- YouTube video discussing the value and principles of Bray2cool

Gym ring

## **Plan**

Gym ring tree stretch/swing

Short in the evening

Frame Bray2Cool principles with thumbtack if found

Tape up vision board

Literally go through the secret documents folder and tape up the papers

Copy Dom's About Me board

Principles review and Charlie Morgan

Grab border paper and construction paper from resource room

8/7/2024

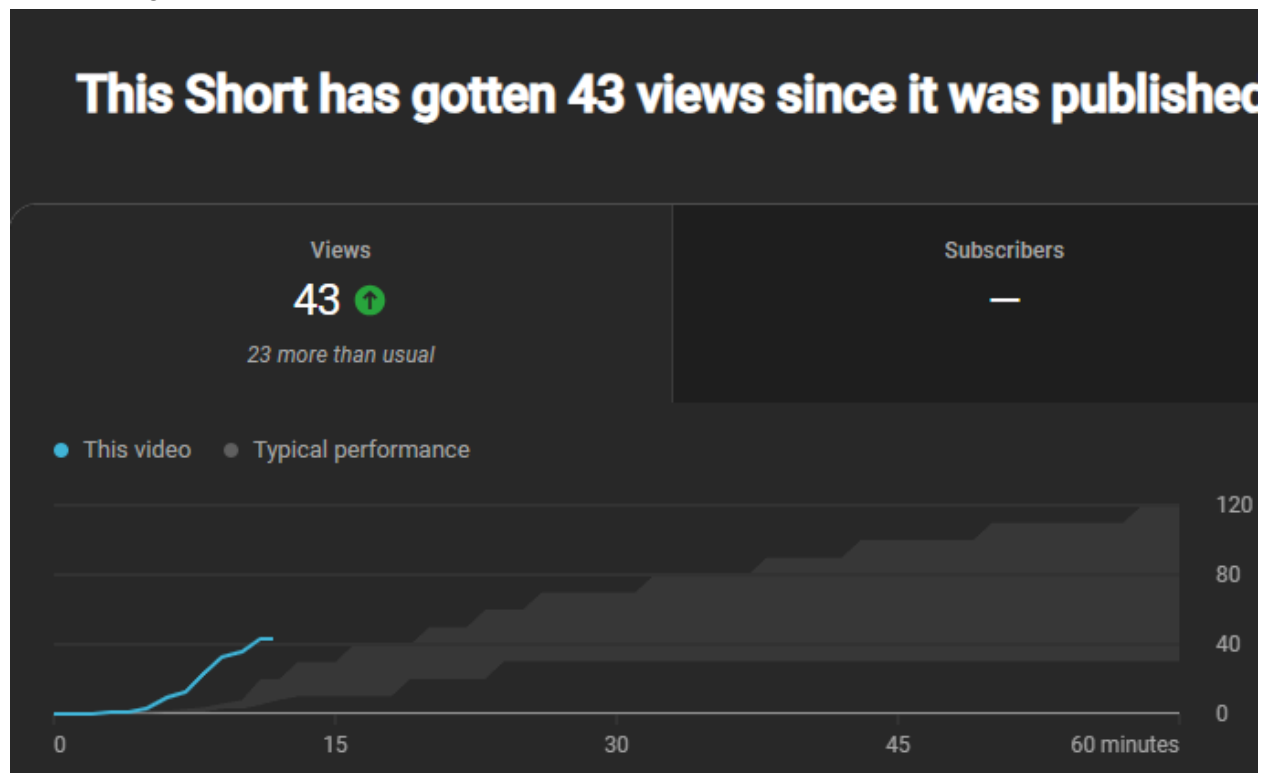
WW

Worked on About Me board

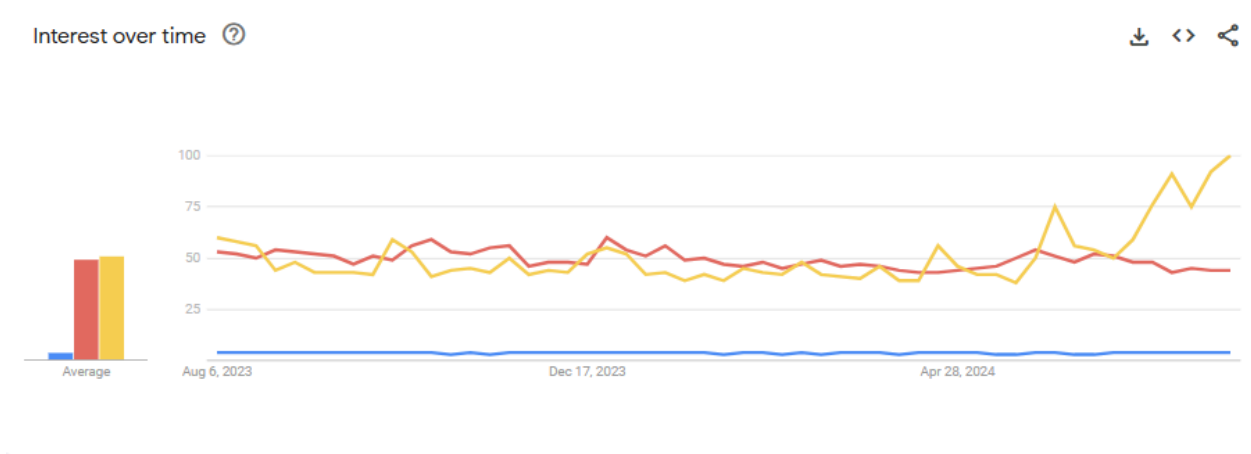
Published about me board

Learned Money is energy

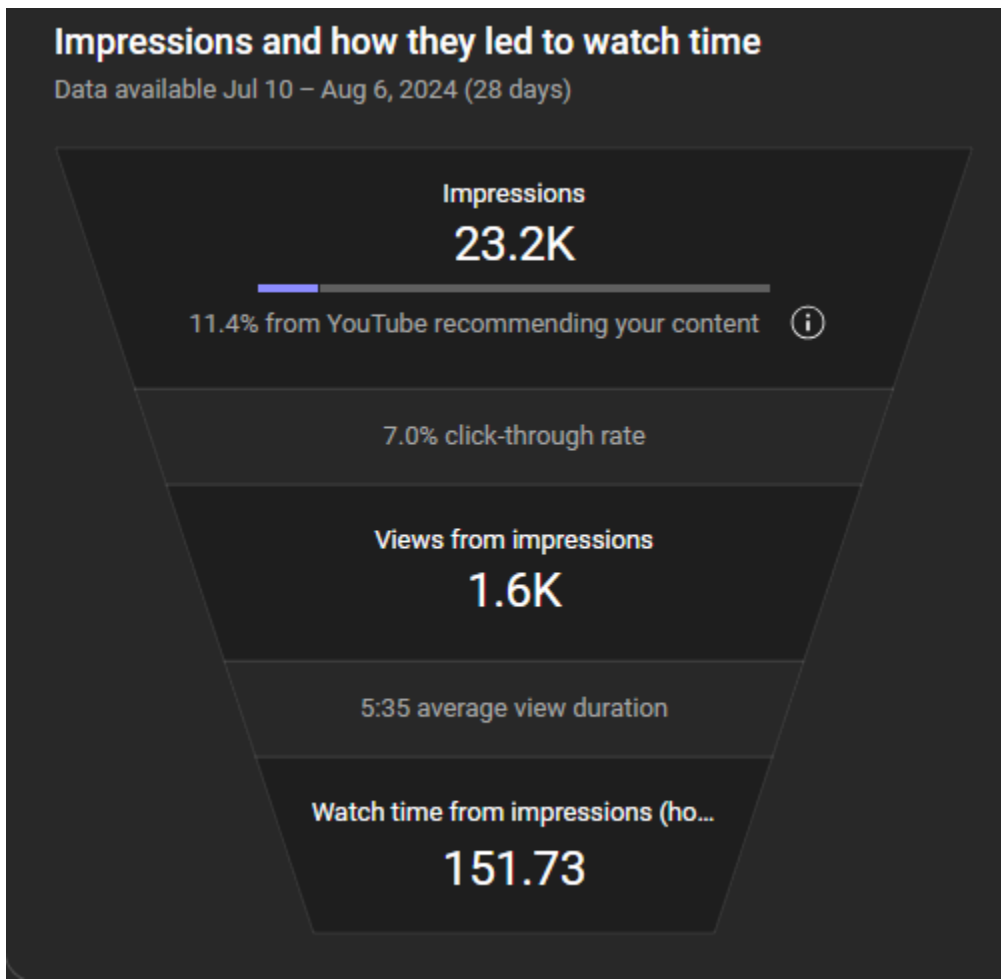
New short got <50 views in less than 30 minutes



Found MrBeast trending on Google Trends



23 thousand impressions so far for August (goal 30k by 8/31/2024)



Listened to a video from Vexian

Learned I'd rather see chin than top of the head on a podcast

WD

Gym ring workout

Retention issue on "how to be a good cashier"- Channel Balauo C

Froze up during meeting- physically cold lol

Intranet access didn't work- GG's bro

Got bored

WM

## Beat social blade goal score

GOAL DATE	•TIME UNTIL•	SUBS PREDICTION	VIEWS PREDICTION	SHARE THIS GOAL	
2024-10-07	2 months	1,402	727,849	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2024-12-07	4 months	1,643	1,028,951	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2025-02-07	6 months	1,981	1,457,109	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2025-04-07	8 months	2,391	1,978,872	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2025-06-07	10 months	2,905	2,635,543	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2025-08-07	12 months	3,511	3,411,389	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2025-10-07	1yr 2mo	4,208	4,306,408	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2025-12-07	1yr 4mo	4,997	5,320,603	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2026-02-07	1yr 6mo	5,893	6,473,544	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2026-04-07	1yr 8mo	6,833	7,685,020	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2026-06-07	1yr 10mo	7,895	9,054,783	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2026-08-07	2 years	9,049	10,543,721	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2026-10-07	2yr 2mo	10,295	12,151,834	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2026-12-07	2yr 4mo	11,632	13,879,121	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2027-02-07	2yr 6mo	13,085	15,756,845	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2027-04-07	2yr 8mo	14,555	17,658,033	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2027-06-07	2yr 10mo	16,166	19,740,890	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2027-08-07	3 years	17,868	21,942,921	<a href="#">f SHARE</a>	<a href="#">TWEET</a>
2027-10-07	3yr 2mo	19,662	24,264,126	<a href="#">f SHARE</a>	<a href="#">TWEET</a>

Play 2048

**PLAN 8//8/2024**

Renew capcut subscription (?)

Plan weekend's livestream- Roblox

Listen to Vexian podcast

Have multiple people 🍷

Return on call phone to front desk before 8am

8/82024

WW

Walked

Gym rings

Did a front flip with said gym rings

Voiceover work for 2 videos. Community and Spider-Man

Live Streamed during one of my breaks

Got the livestream to around 69 views

## Learned top 5 Clifton strengths

### CliftonStrengths® Themes

<b>Achiever*</b>	People exceptionally talented in the Achiever theme work hard and possess a great deal of stamina. They take immense satisfaction in being busy and productive.
<b>Activator*</b>	People exceptionally talented in the Activator theme can make things happen by turning thoughts into action. They want to do things now, rather than simply talk about them.
<b>Adaptability*</b>	People exceptionally talented in the Adaptability theme prefer to go with the flow. They tend to be "now" people who take things as they come and discover the future one day at a time.
<b>Analytical*</b>	People exceptionally talented in the Analytical theme search for reasons and causes. They have the ability to think about all of the factors that might affect a situation.
<b>Arranger*</b>	People exceptionally talented in the Arranger theme can organize, but they also have a flexibility that complements this ability. They like to determine how all of the pieces and resources can be arranged for maximum productivity.
<b>Belief*</b>	People exceptionally talented in the Belief theme have certain core values that are unchanging. Out of these values emerges a defined purpose for their lives.
<b>Command*</b>	People exceptionally talented in the Command theme have presence. They can take control of a situation and make decisions.
<b>Communication*</b>	People exceptionally talented in the Communication theme generally find it easy to put their thoughts into words. They are good conversationalists and presenters.
<b>Competition*</b>	People exceptionally talented in the Competition theme measure their progress against the performance of others. They strive to win first place and revel in contests.
<b>Connectedness*</b>	People exceptionally talented in the Connectedness theme have faith in the links among all things. They believe there are few coincidences and that almost every event has meaning.
<b>Consistency*</b>	People exceptionally talented in the Consistency theme are keenly aware of the need to treat people the same. They crave stable routines and clear rules and procedures that everyone can follow.
<b>Context*</b>	People exceptionally talented in the Context theme enjoy thinking about the past. They understand the present by researching its history.
<b>Deliberative*</b>	People exceptionally talented in the Deliberative theme are best described by the serious care they take in making decisions or choices. They anticipate obstacles.
<b>Developer*</b>	People exceptionally talented in the Developer theme recognize and cultivate the potential in others. They spot the signs of each small improvement and derive satisfaction from evidence of progress.
<b>Discipline*</b>	People exceptionally talented in the Discipline theme enjoy routine and structure. Their world is best described by the order they create.
<b>Empathy*</b>	People exceptionally talented in the Empathy theme can sense other people's feelings by imagining themselves in others' lives or situations.

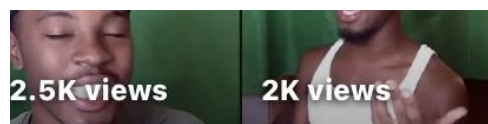


<b>Focus*</b>	People exceptionally talented in the Focus theme can take a direction, follow through and make the corrections necessary to stay on track. They prioritize, then act.
<b>Futuristic*</b>	People exceptionally talented in the Futuristic theme are inspired by the future and what could be. They energize others with their visions of the future.
<b>Harmony*</b>	People exceptionally talented in the Harmony theme look for consensus. They don't enjoy conflict; rather, they seek areas of agreement.
<b>Ideation*</b>	People exceptionally talented in the Ideation theme are fascinated by ideas. They are able to find connections between seemingly disparate phenomena.
<b>Includer*</b>	People exceptionally talented in the Includer theme accept others. They show awareness of those who feel left out and make an effort to include them.
<b>Individualization*</b>	People exceptionally talented in the Individualization theme are intrigued with the unique qualities of each person. They have a gift for figuring out how different people can work together productively.
<b>Input*</b>	People exceptionally talented in the Input theme have a need to collect and archive. They may accumulate information, ideas, artifacts or even relationships.
<b>Intellection*</b>	People exceptionally talented in the Intellection theme are characterized by their intellectual activity. They are introspective and appreciate intellectual discussions.
<b>Learner*</b>	People exceptionally talented in the Learner theme have a great desire to learn and want to continuously improve. The process of learning, rather than the outcome, excites them.
<b>Maximizer*</b>	People exceptionally talented in the Maximizer theme focus on strengths as a way to stimulate personal and group excellence. They seek to transform something strong into something superb.
<b>Positivity*</b>	People exceptionally talented in the Positivity theme have contagious enthusiasm. They are upbeat and can get others excited about what they are going to do.
<b>Relator*</b>	People exceptionally talented in the Relator theme enjoy close relationships with others. They find deep satisfaction in working hard with friends to achieve a goal.
<b>Responsibility*</b>	People exceptionally talented in the Responsibility theme take psychological ownership of what they say they will do. They are committed to stable values such as honesty and loyalty.
<b>Restorative™</b>	People exceptionally talented in the Restorative theme are adept at dealing with problems. They are good at figuring out what is wrong and resolving it.
<b>Self-Assurance*</b>	People exceptionally talented in the Self-Assurance theme feel confident in their ability to take risks and manage their own lives. They have an inner compass that gives them certainty in their decisions.
<b>Significance*</b>	People exceptionally talented in the Significance theme want to make a big impact. They are independent and prioritize projects based on how much influence they will have on their organization or people around them.
<b>Strategic*</b>	People exceptionally talented in the Strategic theme create alternative ways to proceed. Faced with any given scenario, they can quickly spot the relevant patterns and issues.
<b>Woo*</b>	People exceptionally talented in the Woo theme love the challenge of meeting new people and winning them over. They derive satisfaction from breaking the ice and making a connection with someone.

This document may be copied or reproduced for individual use. It cannot be altered or modified without the written permission of Gallup.

Copyright © 2000, 2020 Gallup, Inc. All rights reserved. Gallup®, CliftonStrengths® and each of the 34 CliftonStrengths theme names are trademarks of Gallup, Inc.  
 SED\_Col\_Res-CSQRC\_enUS\_011619N\_bk

Last two YouTube shorts got two thousand views





Left coworkers to livestream

Got my own theme song bray 2cool

Brought my computer to the WinCo visit

Looked at social blade

GOAL DATE	•TIME UNTIL•	SUBS PREDICTION	VIEWS PREDICTION
2024-10-09	2 months	1,405	729,604
2024-12-09	4 months	1,650	1,034,865
2025-02-09	6 months	1,989	1,462,287
2025-04-09	8 months	2,393	1,972,726
2025-06-09	10 months	2,906	2,624,911
2025-08-09	12 months	3,510	3,395,347
2025-10-09	1yr 2mo	4,206	4,284,034
2025-12-09	1yr 4mo	5,007	5,308,466
2026-02-09	1yr 6mo	5,902	6,455,057
2026-04-09	1yr 8mo	6,825	7,638,268
2026-06-09	1yr 10mo	7,885	8,998,023
2026-08-09	2 years	9,036	10,476,030
2026-10-09	2yr 2mo	10,279	12,072,288
2026-12-09	2yr 4mo	11,635	13,815,889
2027-02-09	2yr 6mo	13,086	15,681,651
2027-04-09	2yr 8mo	14,529	17,537,634
2027-06-09	2yr 10mo	16,136	19,604,960
2027-08-09	3 years	17,834	21,790,537

WD

Mosquitos biting my leg during gym ring

Left chatting with coworkers to livestream

Not cringing at old videos

Didn't really get to do what I wanted to do

WM

Watch own videos

Voiceover from memory

Thought this was cool

Be bored and use the energy into YouTube or something

EXECUTING	INFLUENCING	RELATIONSHIP BUILDING	STRATEGIC THINKING
People with dominant Executing themes know how to <b>make things happen</b> .	People with dominant Influencing themes know <b>how to take charge, speak up, and make sure the team is heard</b> .	People with dominant Relationship Building themes have the ability to build strong relationships that can <b>hold a team together and make the team greater than the sum of its parts</b> .	People with dominant Strategic Thinking themes help teams consider what could be. <b>They absorb and analyze information that can inform better decisions.</b>
Achiever Arranger Belief Consistency Deliberative Discipline Focus Responsibility Restorative	Activator Command Communication Competition Maximizer Self-Assurance Significance	Adaptability Connectedness Developer Empathy Harmony Includer Individualization Positivity Relator	Analytical Context Futuristic Ideation Input Intellection Learner Strategic

## **Plan evening**

Print out Meet RA Braylan Letters and hang em up above wall

## **Plan**

Use YouTube comments for which of these brands is the most popular

Connect Clifton strengths to Bray2cool principles

Ask YBK to make a song like that one red head YouTubers and MrBeast

Add the YBK song to an existing Bray2Cool videos

[React to Spider-Man VS Deadpool video](#)

Spider-Man

8/9/2024

## **WW**

Woke

Worked

Drafted a thumbnail

Received compliments on my character

Made up "Bray bucks"

Made up Bray theme pages

Made up Bray [approves]

Learned confidence snowball

Promise my resident

Learned to clarify what exactly I'm measuring in this Google Doc

Ate at Eagle Landing

Bought a \$250 monitor LG

Texted gratitude to my friends who are pretty cool

Listened to a MrBeast podcast to sleep

WD

Escaped from RA's meeting at the front desk

Didn't log as often

Getting stranded w friend and calling for a ride

WM

Track what I'm eating at Eagle Landing

Study Regular Show Escalation or story

**Plan by tomorrow**

**Edit shorts and long form video**

Work on setting up Walmart monitor

**Plan tonight/today**

Livestream

Hang up principles

Walmart for dual monitor set up

8/10/2024

**WW**

WALKED

Opened monitor

Set up monitor

Played monitor

Shared I want to work more instead of taking breaks

Edited a YouTube video while at work

Used trailer footage of the game

Found what would happen if [X] ran out

Texted a editor to find out their rates

Had my viewers comment a lot on livestream

Made a fun game of last comment is the best

Learned "costs" better

Learned there's time cost

Learned dignity cost

Learned comfort cost

Learned dream cost

Learned different benefits from cost

Learned entertainment benefit

Learned I think my ego won't allow me to make videos on popular characters

Learned new hook "Different types of [X]"

Found a video "why racism is bad"

Learned to latch onto an existing community and branch out from there

[\(Source here\)](#)

**no one admits that the best (and arguably only) way to build an audience is to latch onto an existing community & branch out from there**

**in the beginning nobody cares about you, you have to connect your personality to something they care about, a community they're a part of, the content they already watch**

**trying to create your own avenue from the jump is peak stupidity**

**if you look back at any influencers early days, i guarantee that they aligned themselves with a certain community before creating their own**

Post your reply



Learned mission statement is provide coolness to the world

Made a plan to record a 24/7 MrBeast Allegatiin video marathon

## **WD**

Audio issues with ultrawide monitor

GoZone not working at 7:47am

Didn't log a lot today

Stood outside in the heat

Resist

Ate many fruit snacks, drank lemonade, ate donuts

Hung out

Respect

## **WM**

Reading the feedback log

More printing and wall hangings

## **Plan**

Tonight audio troubleshoot

Return monitor by Monday

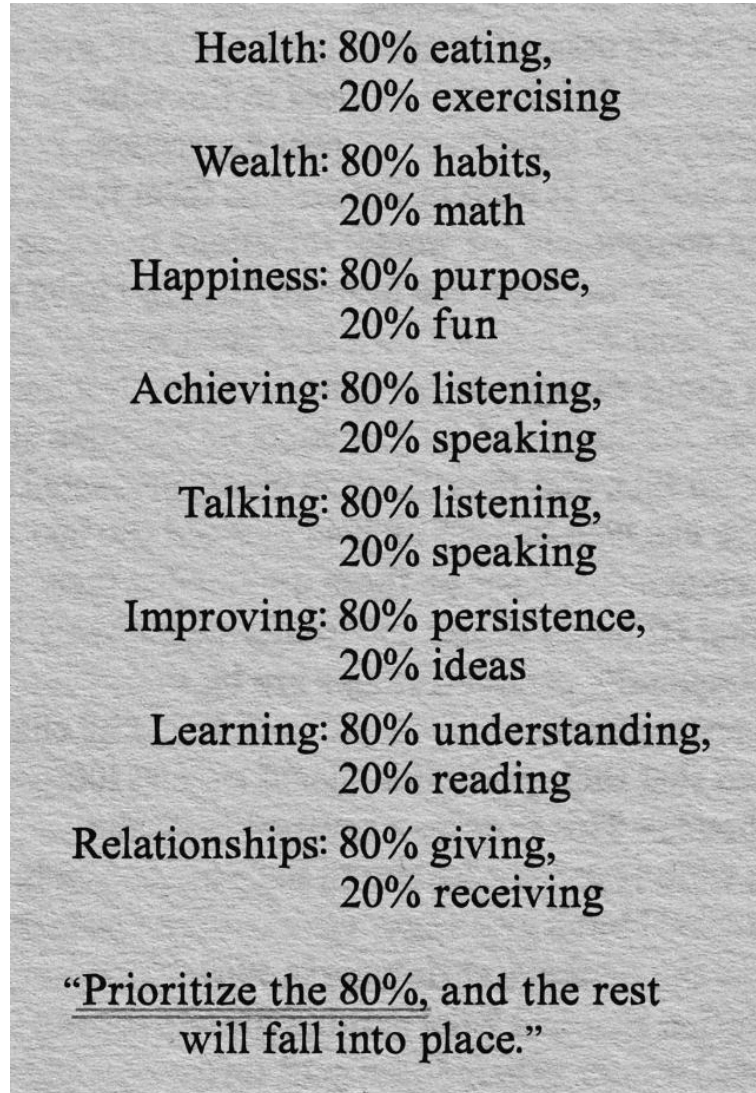
Recreate the cooper2723 video

Print out audience form and hang it up in room

Design and print the "cost" and "benefits" section of today



Print and hang up wall paintings



### **Plan tonight**

Get the name and brand of the computers at the front desk and library

Design and print cost and benefits section tonight

8/11/2024

### **WW**

Recorded and edited a YouTube short

Made a MrBeast video (the night before)

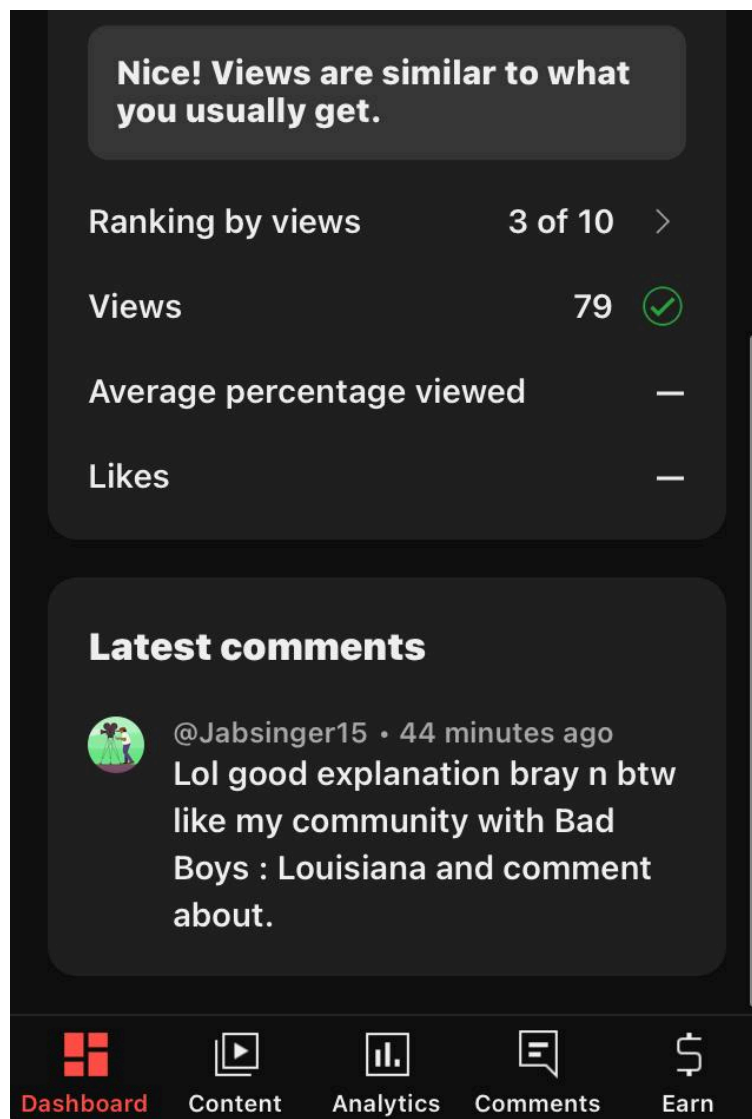
Listened to the Way of The Superior Man

Spent quality time w Autumn (night before)

Read a thread from the Created Discord

Checked screen time

Latest short got 79 views



The image is a screenshot of the YouTube Studio analytics dashboard. At the top, a grey box contains the text: "Nice! Views are similar to what you usually get." Below this, a section titled "Ranking by views" shows "3 of 10" with a chevron icon. A table follows with the following data:

Metric	Value	Status
Views	79	Green checkmark icon
Average percentage viewed	—	
Likes	—	

Below the table is a section titled "Latest comments". It features a comment from user "@Jabsinger15" posted "44 minutes ago". The comment text is: "Lol good explanation bray n btw like my community with Bad Boys : Louisiana and comment about." At the bottom of the dashboard is a navigation bar with five icons and labels: "Dashboard" (red icon), "Content" (play button icon), "Analytics" (bar chart icon), "Comments" (speech bubble icon), and "Earn" (dollar sign icon).

Went to gym

Listened to a Terry Crews podcast

Realized I can be narcissistic sometimes

Learned there are 3 types of seasons for man

The fool

Victim

And King

Learned these three can be attributed to characters in YouTube content creation or elsewhere

Learned shame says "You are bad"

Learned guilt says "you did something bad"

Replied to a Created YouTube thumbnail roast

## **WD**

Pretty ambiguous morning plan

Trying to work and balance

Had a short flat line at 41 views

Meetingt

████████████████████████████████████████

████████████ stayed over too late

## **WM**

More looking through the Created Discord server

Looking through video roasts

Look through Thumbnail Roasts

Look through

[Watch the superhero animation](#)

### **Plan Tonight**

Rest

Gym

Eagle

Union

Nap

Meeting

### **Plan**

Show up to the Created Discord

Use Teams for the First Flight Demo

### **Plan next weekend**

Watch MrBeast For 12 Hours Straight

8/12/2024

## **WW**

Texted in the Created Discord server

Went to gym (push)

Learned the video idea "Watching Paint Dry Until I Fall Asleep"

Learned the idea "Running In Place For 24 Hours"

Listened to a MrBeast Joe Rogan Podcast

Helped Jelani with a charger issue

Got invited to eat

Watched a Dan Koe video

Learned you cook with what's in the refrigerator

Learned to find my style

Learned I like minimalist workouts

Listened to Here (I'll be over here)

Learned to find leg exercise unique to me

Learned I like Calf Raises

Learned to read books on creativity, and metaphor to level up Intelligence stat

Got several book recommendations from Dan Koe

**1) The Art Of Impossible by Steven Kotler** –  
a practical and scientific book on achieving  
the impossible.

**2) Flow by Mihaly Csikszentmihalyi** –  
for understanding how to sustain enjoyment  
in your life.

**3) A Brief History Of Everything by Ken Wilber** –  
to make sense of the world in a holistic manner.

**4) Awareness by Anthony De Mello** –  
a refreshing and humorous series of lectures  
to help you not take life so seriously.

**5) Becoming Supernatural by Joe Dispenza** –  
potentially pseudoscience on – but nonetheless  
impactful in its lessons –changing your life by  
breaking the cycle of repetition in the familiar and  
the known.

**6) The Kybalion by The Three Initiates** –  
an introduction to hermetic philosophy and the  
patterns of reality (some say this is not a good  
book for hermeticism, but I enjoyed it quite a bit).

**7) The Way Of The Superior Man by David Deida** –  
a student of Ken Wilber writing on masculine  
and feminine dynamics and spiritual growth.

Learned three things from a book

Learned to hunt for an idea or two and put it down

Learned if looking for exactly “how to’s” and procedures skip to the end of the book

Learned if looking for the idea of the book read the first few chapters

Got the ps5 HDMI switch thing working

Resisted switching going to the Coliseum early

Returned monitor

Returned speakers

Learned to add a shock factor in the exposition

Watched my own video back

Talked with dad 6:22

Talked with mom 7:45pm~ 1 hour

Talked with Bryce 6:40pm

Talked with Grandma 5:14pm

Hung out with Autumn 8:54pm

Autumn called 11:45pm

## **WD**

Accidentally searched cindy moon corn on accident

Berserk panels not flowing well with the reader

## **WM**

Resist and be aware

Do the ps5 pc hdmi remote test

Learned intelligence is “understanding” information

## Plan

Gym

Test ps5 network compatibility with single monitor

Do calf raises and mile run at gym

8/13/2024

## WW


DIRECT DEPOSIT HIT! \$480 5:35am

Invested \$300 of that money into a savings account

Woke up around

Figured out a way to play ps5 games on pc!

Read some manga around 5:46am

Banking		^
Bank of America 		
PLAY 0909	\$0.00	>
SAVINGS 9363	\$300.00	>
SAVINGS FOOD 2 6921	\$100.81	>
Spending	\$165.69	>

Learned that success is progression to a worthy ideal ([source](#))



Learned to challenge my audience's beliefs

Learned successful ppl find more success

Learned failures are those who aren't reaching their ideals 7:50am -(link above)

Started putting time stamps in feedback log 7:50am

Headed to Crumley to print "Challenge my beliefs bro" picture 7:50am

Input previous calls with timestamps for previous day 7:54am

Listened to Earl Nightingale video

Learned we become what we think about 8:08am (link above)

Returned to Traditions and chatted with coworkers

Recorded a short video 8:32

Tweeted and replied on X 8:37am

Learned the thumbnail quality has to match the video quality.

Learned to saturate video as well as thumbnail

Started a YouTube thumbnail test

# Your test & compare report



Not enough information to display data. Please check back later.

## Estimated time remaining

13 days 22 hours left... (?)

Thumbnails

Watch time share (?)

	Thumbnail 1	—
	Thumbnail 2	—

Learned I can use the same Spider-Man PS5 logo because my thumbnails change

8:51 Hung up audience retention graph

WD

Didn't go to the gym with Ethan

WM

Eat the Miss Vickie's chips if you ever want chips. Their good according to Yuka app

## **Plan**

UNT Bridge

Walk

Family Dollar Autumn joining

Livestream

Work meet up 2:30pm @SantaFe

8/14/2024

WW

7:20 Amazon \$250 refund hit

7:32am Achieved \$500 in savings

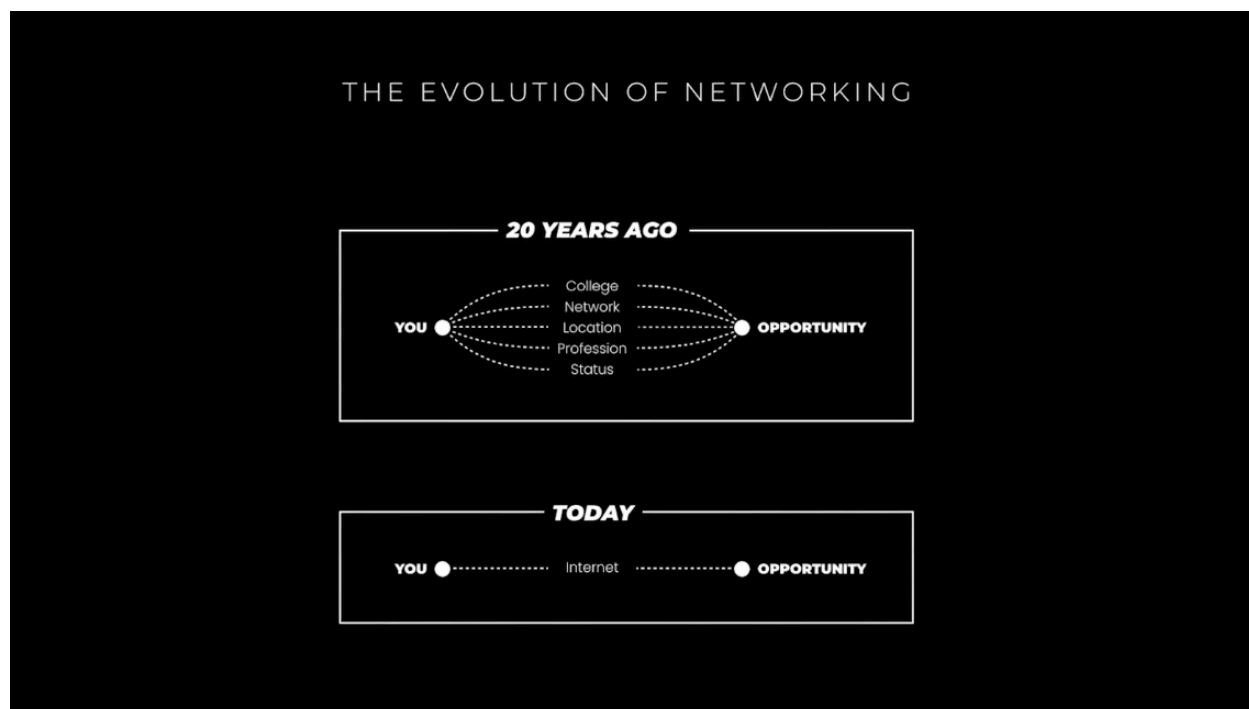
Woke up at 1am then woke up at 6

Stayed in bed to log 7:44am

Logged time stamps

Listened to The Art of The Impossible 7:52am

Watch another Dan Koe video 8:44am



Learned I don't know what opportunities I want more 8:46am

Switched off the Dan Koe video to learn how to create a MrBeast thumbnail in Canva

Learned if you're not on social media, you lost 10:33 [Dan Koe video](#)

Learned to use photopea

Recorded and edited a how to Spider-Man video 9:56am

Headed to Eagle Landing 10:00am

Uploaded MrBeast podcast to Google drive 9:56am

Ordered hex key screwdrivers on Amazon \$4 9:57am

Ate at Eagle and just now leaving 10:37am

Watched an AMP mansion video 10:30

Learned to use the principle of "not allowed"

Returned from family dollar 12:03pm

Lyft costs \$7.91

GoZone cost \$3.50

Bought toilet bowl \$3.75

Bought push tacks \$1.25

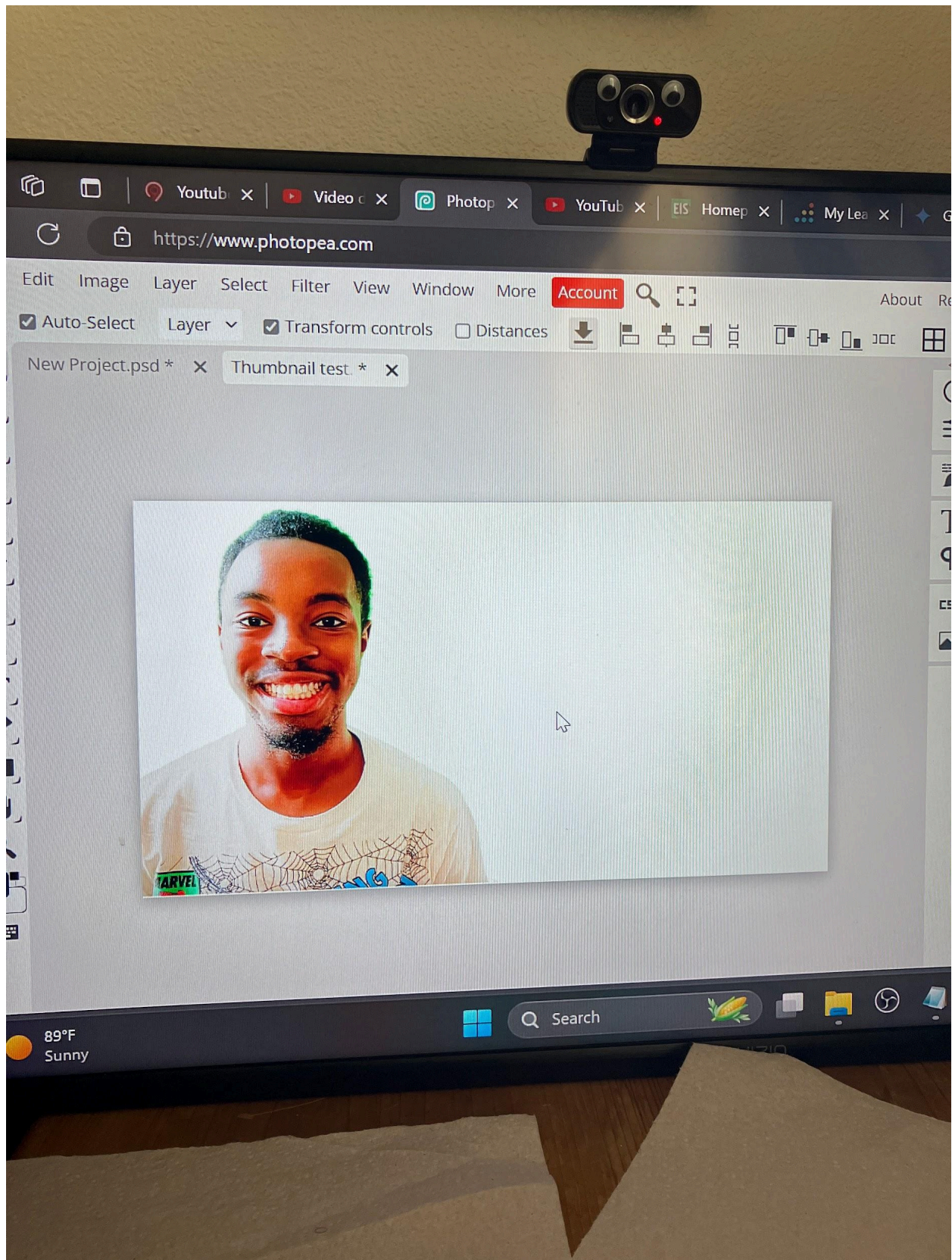
Got a response from Vexian 12:13pm

Listened to Gabe Sky McCreery 1:19pm

DM'd LionGlass 1:47pm

Company dipped 1:47

Experimented with photopea





Made a thumbnail using Photopea



Work 3:45pm-6:11pm

Bought a ten dollar SD card to iPhone adapter \$9.46 7:11pm

Printed out thumbnail 7:46pm

Called ma while thumbnail 7:47pm

Got an Apple juice with flex 8:02pm

Listened to give up 8:36

Made a Deadpool thumbnail



Stayed up and played Uno with Autumn and Grant 1:08am



## **WD**

Texted Autumn about going to Family Dollar 10:40

Dismissed my group early

Been feeling guilty lately

Felt guilty for sending my residents off

Took a casual picture with my residents

Stood in line for witch witch 8:05

Issue with printing out multiple copies of the previous two images above 8:25pm

Imagined I was Miguel O'Hara 8:26pm

## **WM**

### **Plan**

Work on Tooty flat tire

Make a Deadpool "Me" poster but with me

How many pencil can you stack on each other

8/15/2024

## **WW**

Woke up 6:40am

Went back to sleep

Scrolled Twitter

DM'd Murray Frost a compliment on his post

Watch animated Death Battles

Made lunch plans w Autumn 11:03pm

Livestream 10:20am till 11:25

Learned to add random color splashes

"How Strong is[X]

"How Strong is Miles Morales" idea in discord

Went to get something to eat 2:37pm

Found a 1of10 podcast ([link here](#))

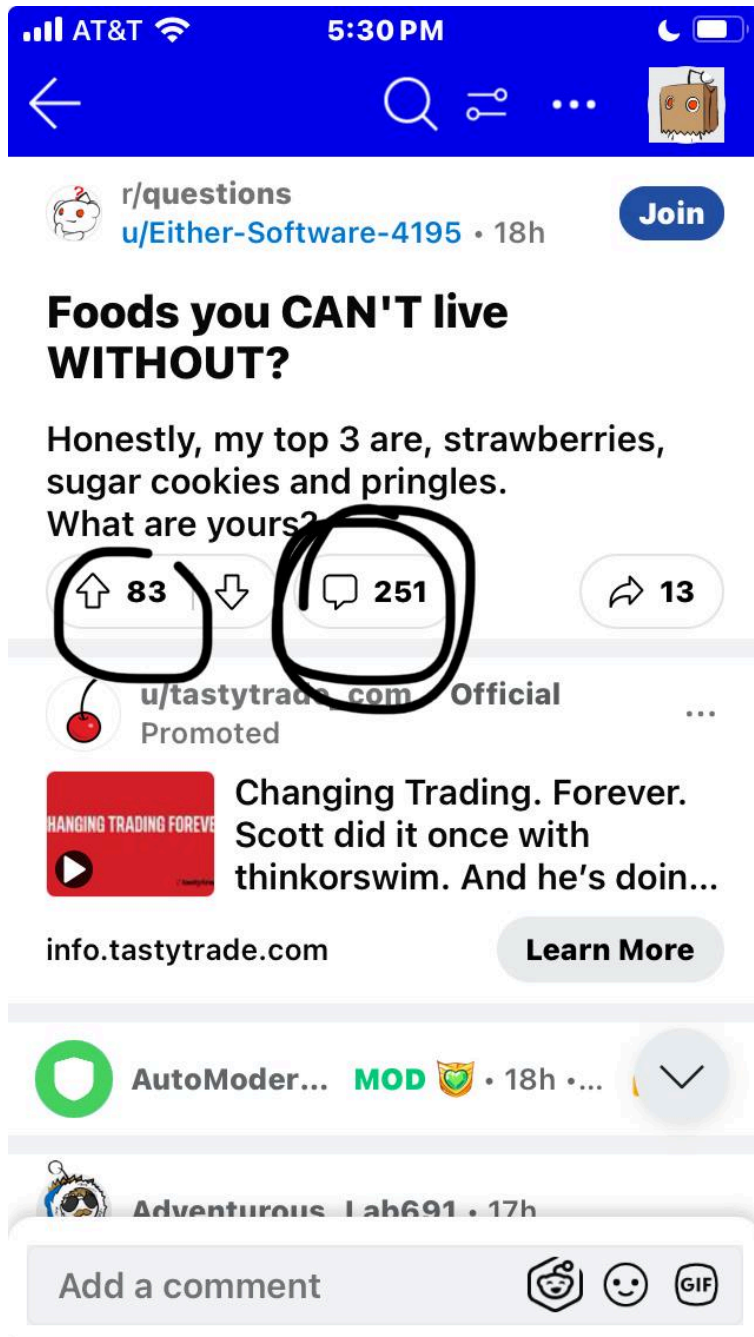
Do street interviews in parks/downtown (learned from link above 5:10pm)

Learned to go on Reddit and find the TOP question posts to find street interview ideas

Don't interview people with AirPods or dogs 5:29pm (learned from link above)

Found a question for interview 5:30pm

"What is one food you can't live without?"



"What is one thing about yourself that sounds totally made up but is 100% real?"

Found another outlier question 5:32pm

 **Feed options**




MilfGoddessRose 3d

...

**What is that thing about yourself that sounds totally made up but is 100% real?**

 **529**



 **2,123**

 **311**

Found more Reddit questions 5:53pm



Sudden\_Antelope\_9042 16d

...

**What would be the most likely thing to happen after death?**

 **233**



 **1,363**

 **242**



Large-Lack-2933 20d

...

**Would you like to live to be 100 years old?**

 **296**

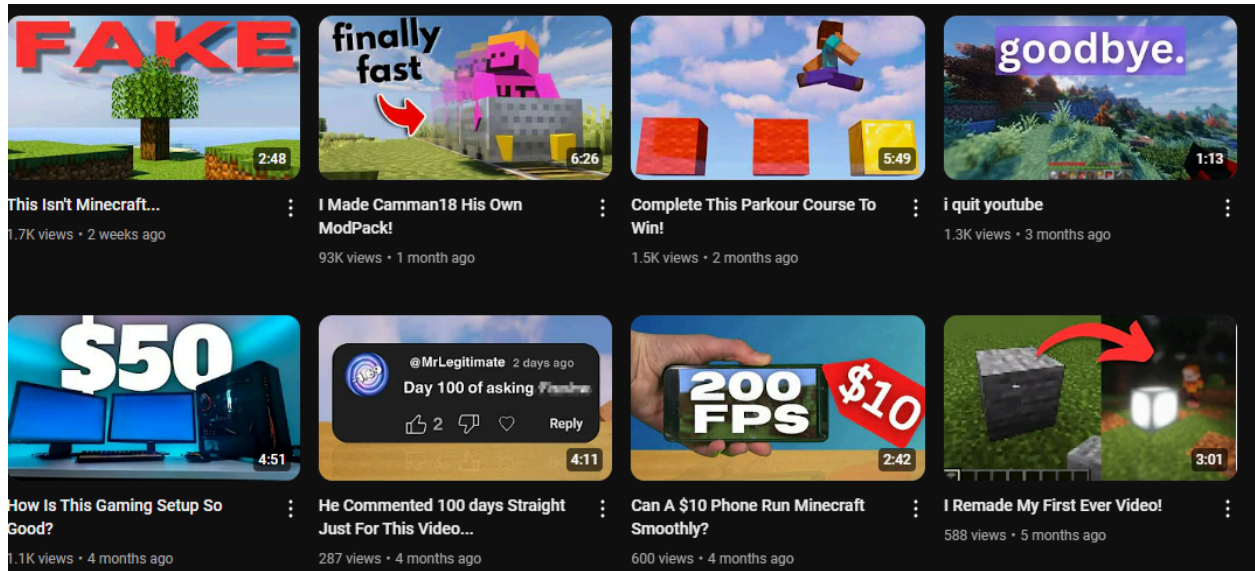


 **1,129**

 **84**

[Found a YouTube tv website](#)

[Found a really clear YouTube channel](#) 11:04pm



WD

No walk

No shorts

No long form

Negative feedback on watching paint dry video in Created Discord

7/10 video

Did rounds with Autumn 10pm

Tried reading Bleach colored

Dropped four pickles 12:30am

Had a tough talk with Grant 1:01am

Found my mom and dad arguing

My dad told my mom to go to hell

## **WM**

Read bleach colored

Do UNT bridge thing

Use well known characters to build a brand

## **Plan**

Upload short

UNT bridge

Browse Reddit TOP questions and choose from there

8/16/2024

## **WW**

Woke up at 7:58am

Scrolled twitter

Found an offshorecorp website ([link here](#))

Learned to watch more YouTubers

Learned to hire separate teams for different projects 9:15am

Left library and three thumbnails Spider-Man fiction related 10:26am

Learned to look at videos objectively if they under perform 10:26am

Left Eagle Landibg to livestream 10:44am

Learned to do my hardest activity first thing in the morning 10:45am

Added a hardest thing section at bottom 10:46am

Learned I ain't been doing hobbies that decompress me

Learned to give myself to actually recharge 10:55- Friedman Beast podcast: 1:36:33

Learned recharging periods 10:58

Learned MrBeast watched Naruto while counting to 100,000

Live-streamed 11:03am- 1:30pm

Watched anime and said MrBeast until the allegations go away 1:34pm

Texted Autumn 1:20pm

Watched Undead Unluck and laughed 1:44pm

Liked the concept of Undead Unluck

Learned to use the power systems of undead Unluck as a game show

Watched 3 episodes of Undead Unluck 2:56pm

Said MrBeast the whole time 2:56pm

Found watching David Prodcution anime is recharging 2:57pm

Found Gena's character has to do with not changing 2:58pm

Finished watching UnDead Unluck 4:01pm

Felt recharged 4:02pm

Watched a Ryan Teagan video in bed 4:21pm ([lik here](#))

Learned to add a challenging storyline at the start of the video 4:22pm

Finished watching a spiderverse clip 4:37pm

Finished watching HISHE Spider-Man No Way Home 4:46pm

Watched the Disney Lawsuit is Insane 4:49pm

Found a 13 million view video from Dani

Watched Adin Ross vs Ishowspeed 4:55pm

Found a leaked MrBeast document 4:58pm

Listened to the document while playing Marvel's Spider-Man

Learned a new video title: I spent 50 Hours In Ketchup 5:03pm ([link here](#))

Learned I Spent 50 Hours in [X]

[Amazon.com: Large Inflatable Pool with Pump.130"x72"x22" Thickened Blow Up Pool for Adults. Full Size Family Swimming Pools for Backyard Home Garden Lawn : Patio, Lawn & Garden](#)

Made a Thumbnail for the Ketchup video



Found I can get a bottle of ketchup for \$1 each 7:37pm

Spent \$12.83 7:43pm



Arrived back on campus 7:57pm

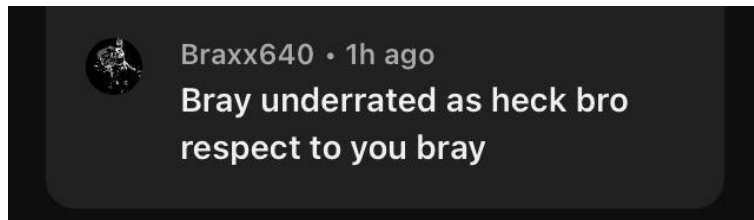
Took a walk 7:58pm

Avoided trad front desk 7:58pm

Had MrBeast video play while walking 8:08pm

Learned

Read this comment



"I Survived 24 Hours Homeless" 8:23pm

Learned The Hate You Give 10:43pm

Learned point of no return in stories 12:51am

Finished snowfall 1:08am

Autumn company left

## **WD**

Not focusing on short form content

Didn't livestream

Couldn't

Clicked off the Dani video 4:53pm

Went to a hookah diner for "mentor dinner" 6:22pm

Saw dudes in Layalina hitting up the hookah 6:26pm

Waiting on chicken tenders 6:57pm

Wasted my time 7:34pm

Thought about YouTube 7:34pm

## **WM**

More long form content

Watch anime and do YouTube

More David Production anime

## **Plan**

Head to Walmart for hex key

Figure out why my video underperformed

Watch anime

Watch anime and count as high as I can

Finish watching this MrBeast leaked video ([link here](#))

Watch MazeRunner

## **Hardest activity I don't wanna**

Edit Restaurant video

Edit Spider-Man video

Watching anime

<http://lekulumovies.com/>

8/17/2024

**WW**

Stayed in bed 7:57am

Went to gym

Paying for groceries in pennies

How Strong Is MoistCitiKal

Finished editing a piece of restaurant war video 9:27am

Went to take a walk off campus 9:30am

Listened to MrBeast leaked documents while walk 9:34am

Sat on a stoop to chat with chatbot 9:38am

Learned critical components in YouTube 9:41

Learned I can read a Reddit document and make a video on it 9:44

Learned I can read a document from a well known figure 9:45am

Learned if it requires shipping, pay someone to pick it up and drive it 9:47am

Walked through this apartment complex 9:47am



Returned from walk 9:57

Responded to a negative comment 10:05am

Finished live-streaming 1:17pm

Learned creativity saves money

Learned to not just throw money at YouTube

Learned creativity is the key behind anime, YouTube, and shows

Found I could watch a viral video of every video of [X] year 1:42pm

Arrived at gym 1:42pm- kicked a soccer ball around

Watched this viral video education video 1:46pm ([link here](#))

Learned I can do lifetime supply of diamonds as a video payoff 2:06pm

Replayed video above 2:07pm

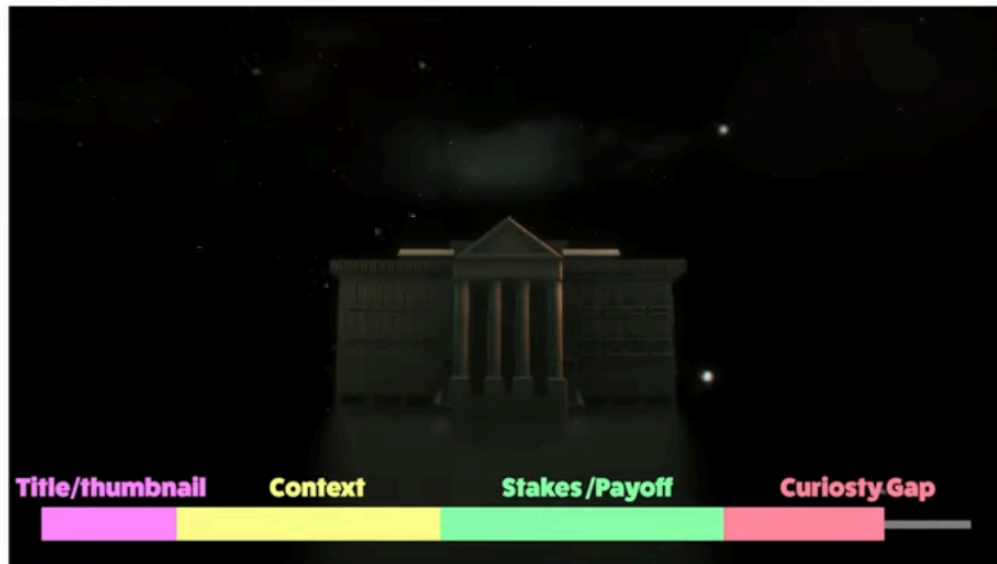
Learned I can also use a trophy as a payoff for videos too 2:07pm

Learned to add a trophy to the prize wheel 2:08pm

Made a "How fast can minecarts go" title and thumbnail 2:28pm

Found this pretty cool graph on audience shit 2:32pm

---

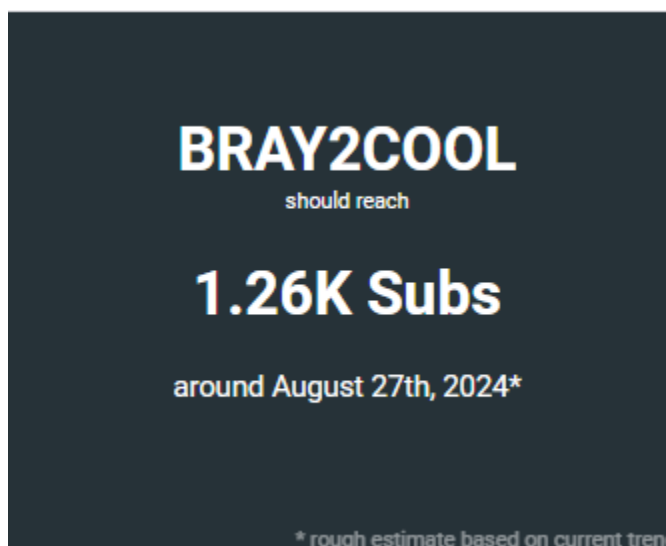


---

Watched this video 5 times over - link [here](#) 2:32pm

Learned another Minecraft storyline 2:50pm

Go on ometv and ask strangers to would you rather the mobs use this footage as Broll 2:51pm



Beat socialblade's sub and view goal 2:54pm

Downloaded Minecraft on mobile to make a thumbnail 2:54pm



Got a text from Diego saying he wasn't coming back to UNT 3:16pm

Arrived in GoZone with 4 other people 3:26pm \$1.50

Realized I have 3 different audiences 3:29pm-Shorts, livestream, long form

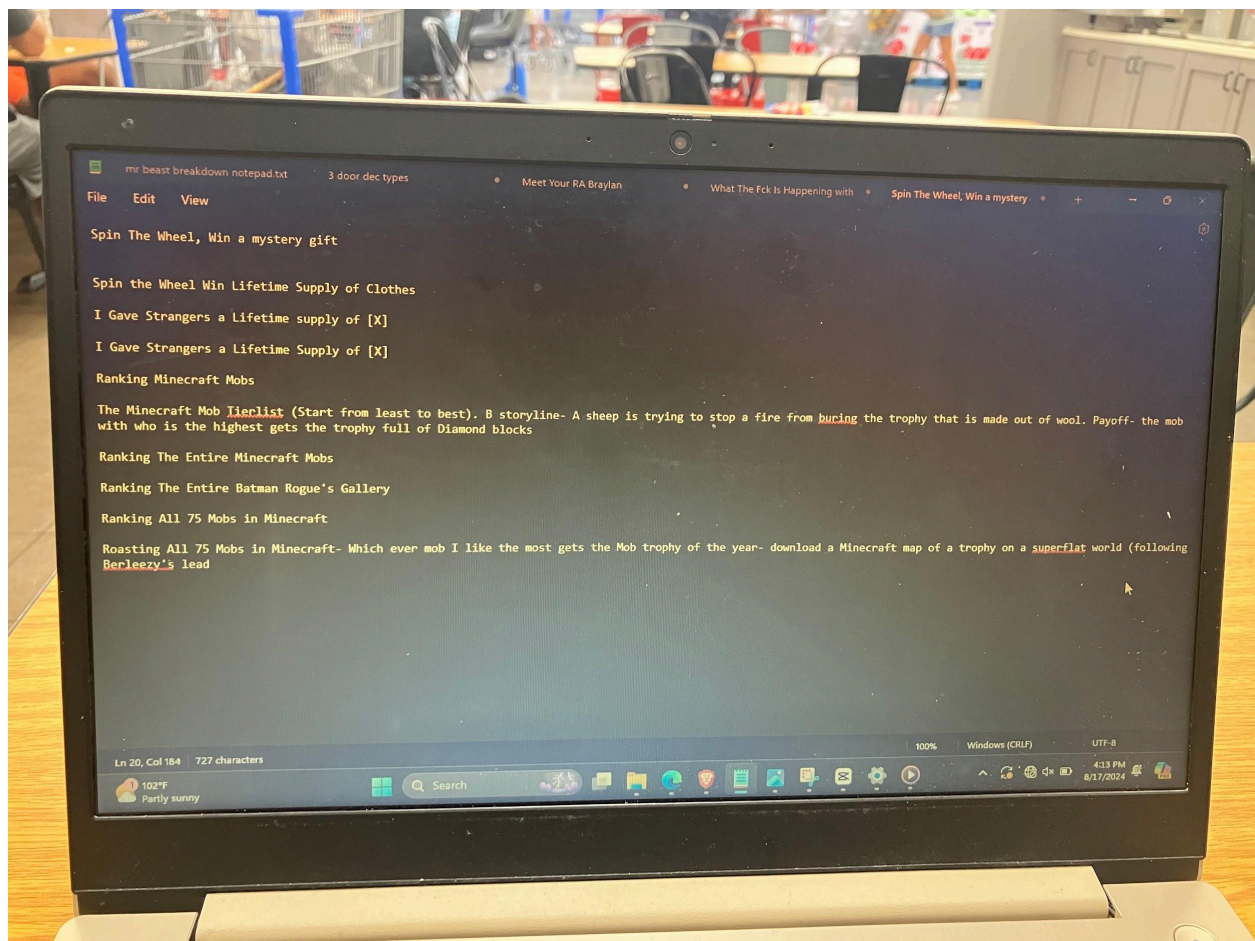
Got my items from Walmart 3:53pm

Planned out some content on laptop notepad while waiting for gozone 3:50pm

Arrived back at home to charge phone 4:42pm

Charging phone and heading back

Notes from



Called ma at 4:45pm

Called Dad at 5:04pm

Called Grandma at 5:58pm

Ended Called all three family members 6:36pm

Stayed up till 3:01am to edit a last minute

## **WD**

Didn't go to gym

Not engaged with the video

Saw a lady smoke on her apartment balcony 9:37am

Tried looking for Minecraft video ideas

Creativity

## **WM**

More creativity

## **Plan**

Listen to creativity books from Dan Koe

Livestream

Nap

Short for the week



Tooty repair

Refer to previous plans

## **Plan**

Tonight

## **Hardest restaurant video**

8/18/2024

## **WW**

Woke up

Walked to Eagle

Filed a short before I left 12am

Went to Union to put air in Tooty tire

Made plans w Autumn gym

Napped

Watched a Ryan Trahan video 1:37pm

Learned Trahan delayed the critical component until the end 1:38

Learned Ryan used multiple storylines 1:39pm

Learned Lego made bricks that stand the test of time

Got interrupted from my nap 2:14pm

Helped Belle with a roommate

Learned to make a Undead Unluck Game

Pretended I got what I wanted 3:00pm

Short hit 10k views

Dad sent \$100 6:11pm

Went to gym actually and hit arms 7:06pm

Finished a exercise still in gym 7:50pm

Listened to a rich audio

Saw the WOW factor in Snowfall 22:28pm 12:30pm

Shock factor 30:05 12:49

What didn't work

Choking acting 26:22pm 12:30pm

## **WD**

Scheduled a livestream when I didn't want to livestream 10:51am

Didn't text Belle about a chair 1:56pm

Overslept past 7am- 10:52am

Went to bed at 3am the previous day

Got a little too passive

## **WM**

## **Plan**

Class with Natali

Livestream

Film short

Edit

**Plan tonight**

Film and edit short

Walk

8/19/2024

**WW**

Set a timer the day before 7/20am

Set two different timers just to wake up 7:40

Had a lucid dream 7:43pm

Chilled in the language building until 9:00

Left for spam class 8:56am

Hugged Gwenpool in dream

Watched a new Charlie Morgan video 9:55am

Learned to set a goal larger than myself 9:55am

He who has a why can bear almost any how 9:58

Found my why is to contribute to something larger than me 9:58

Finished showering 10:21am

**Drank water when I felt thirsty/ hungry**

Got the tire on the rim of Tooty- finished 6:42pm  
Headed to Union for tire air 6:42pm  
Listened to Super-Man and masculinity video otw 6:42pm  
Learned Clark Kent is cool because he is a great person from base 6:43pm  
Learned Batman is a superhero from a response to crime 6:43pm (link to video [here](#))  
Worked on Tooty 8:56  
Left for dinner 9:00pm  
Got back from hanging out w Autumn and coworkers 11:16pm  
Repaired Tooty 11:16pm  
Headed to Test drive Tooty 11:16pm  
Listened to a Think and Grow rich audiobook (link [here](#)) 11:17pm  
  
Arrived back from joyride 11:38pm  
Edited a first two seconds of video 11:39  
Jumped in bed 12:09am  
Masterbate for the funs 12:10am - with earbuds  
Watched the edited version of trying the gummy candy  
Added deadlines to **plans** section 12:35am

## **WD**

The walk from SFT to the language building is horrendous 8:39am  
Stayed in bed and napped a lot 4:46pm  
Didn't have lunch w coworker 7:05pm

Spent too much time on Tooty 12:09am

Didn't actually masterbate yet

## **WM**

### **Plan**

Walk 8am

Edit short and publish 2pm

Livestream 9:30am

Toot to eat 2pm

Meeting at 9pm

Actually make a Minecraft speed test video

### **Plan tonight**

Livestream

8/20/2024

WW

Woke 7:45am

Showered 8am

Put WOTSM 8:16am

Walked 8:23am

Learned to be fulfilled first without work and love 8:25am

Came back from walk to edit a short

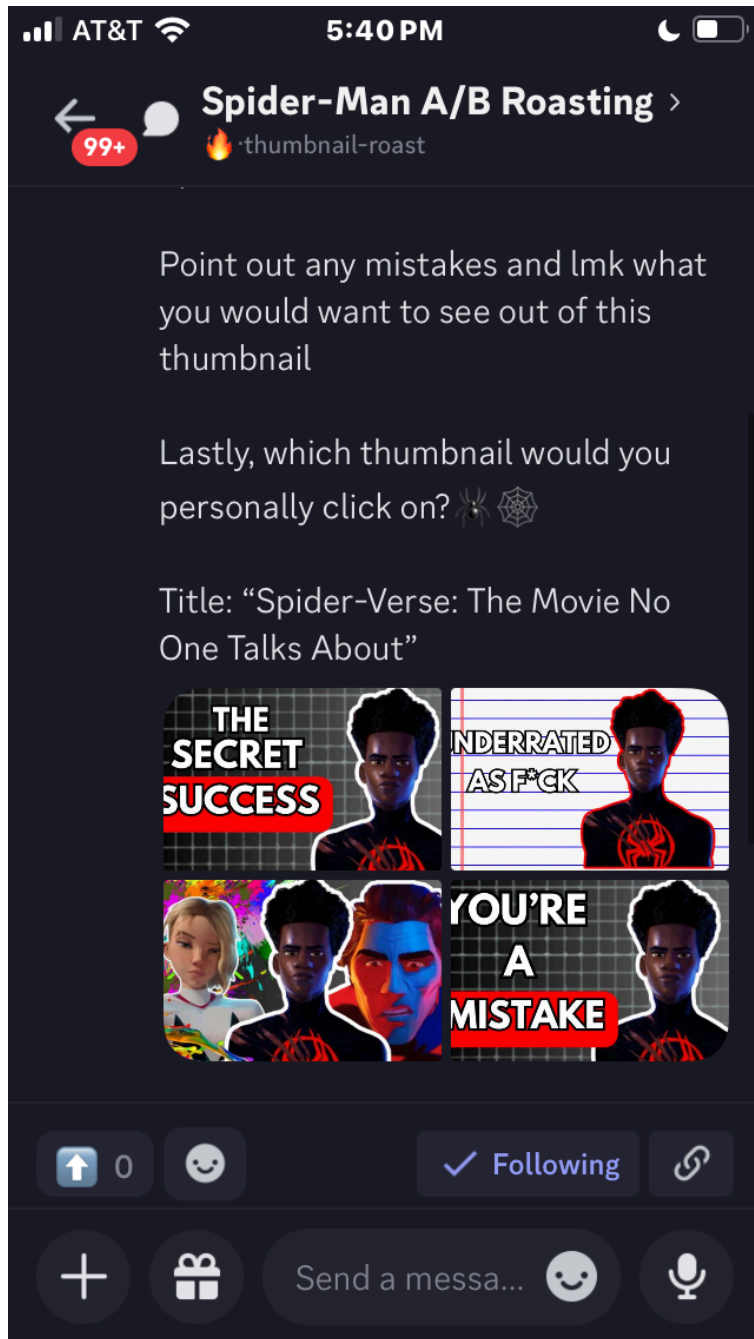
Live-streamed from 9:20am to 12pm

Edited gummy candy test video 1:10pm

Made thumbnail for Spider-Verse video 1:20pm



Asked for feedback in the Created Discord



Learned info content 5:34pm

Uploaded

Learned to get a good niche:

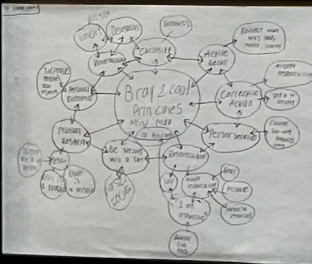
Broad



A photograph of a person's desk and the wall behind it. On the wall, several items are pinned: a handwritten list of priorities dated 8/20/24, a hand-drawn graph titled 'YouTube Oscillation', a 'Braylan Binion Vision Board' featuring a travel image and a group photo, a newspaper clipping titled 'The Disaster Report', a document titled 'Getting a Good Niche (Source: Jeremy B)' with a 'Niche-Selector' section, and a small whiteboard with handwritten notes. On the desk, there is a black cap with 'COWBOY CHAMPIONS' text, a white telephone, and a brown circular object. The background shows a window with horizontal blinds.

- 1: Education (CUNT)
- 2: Education (Bray)
- 3: YouTube\*
- 4: Bray live (social)
- 5: Social
- 6: ~~from~~ IAH OF GYM
- 7: GF

A red sine wave is plotted on a grid. The wave starts at the origin (0,0), reaches a peak, crosses the x-axis, reaches a trough, and crosses the x-axis again. The grid lines are spaced at intervals of 1 unit.

[illegible][illegible]

TOP Disturbing about [x]  
3 Dark facts  
Info-video  
Wheel Punishments  
-eat a jail peño

Did Romanian barbell deadlifts 11:43pm

Did Oblique crunch no weight 11:40pm

Did bench dips 11:41pm

Learned info content 12:54om

## **WD**

Contemplated getting up 7:50am

Printed from the school computer to print horizontal 7:35pm

Stayed in the meeting too long 10:21pm

Didn't log too often 10:21pm

Trying to do too much 10:39pm

## **WM**

Focus on wall paintings and read

Focus and read previous feedback

YouTube work: 10:21pm

## **Plan**

Walk

Span 9am

Livestream 10am

Toot to eat 2pm

Shorts publish 11pm

Break? No

On call 6pm

Discord 6pm

MrBeast podcast listen 8am

Listen to WOTSM 8pm

Ask Mateo and Eunice about applying for an ACD position at UNT

### **Plan tonight**

Gym

Manga

8/21/2024

### **WW**

Used fulfilled mindset mentality 8:50am

Got to class late 9:04am

Livestreamed from 10:10am to 12:35pm

Watched a Nero Knowledge video 12:38pm

Learned info content

Learned to use principles in Span 2040

Learned to manage imposter syndrom 9:30am

Started editing a Spider-Man info content video (source [here](#))12:57pm

Learned everybody is one with each other but “reality” makes everyone “individuals” 12:57pm  
(link [here](#))

Learned manifesting is an automatic mechanism like breathing 1:08pm (Nero link)

Learned to take off the mask of people I’ve given a mask and give em a mask I want them to experience 1:29pm from Nero timestamp 37:15

Learned to manifest an experience of somebody- for example hyper femini girl or something

Ordered wired earbuds to edit on laptop 3:11pm \$9.52

Added emoji’s and junk to the 2YouTube Doc 3:36pm

Filmed a Spider-Man info content video

Made a video over a game I don’t own ([here](#))

Realized people are going to start seeing me for who I am online 6:41pm

Finished editing Wukong video 7:40pm (started at 4:30pm)

Left eating lunch w Autumn 9:32pm

Found a video on the most viral videos of 2024 (link [here](#)) 9:32pm

Learned “I Did This” format on YouTube (42:08) 10:05pm

Learned commentary channels take years and years to build 35:00 10:06pm

Learned secret room videos are for kids and I won’t be doing this type of videos

Learned “I Did This” format has no barrier to entry 43:54 10:10pm

Arrived at chick fil A for lemonade and nugget

Learned mainstream figures perform better for drama then those that don’t 10:55pm stamp  
53:42pm

Learned the four types of viral videos in 2024...”I did [X]”, Drama videos, secret room videos, commentary (long form) 10:58pm

Remembered I searched “viral videos 2024” 10:58pm

Went to the gym w Grant 10:59pm- leg day



Learned the Asking People viral idea 11:08pm

"I Asked 100 Strangers if I could [X]" 11:09pm

Did 5 sets of 15 for calf raises

Did 4 sets for leg curls 11:12pm

Learned "social tension" 11:14pm

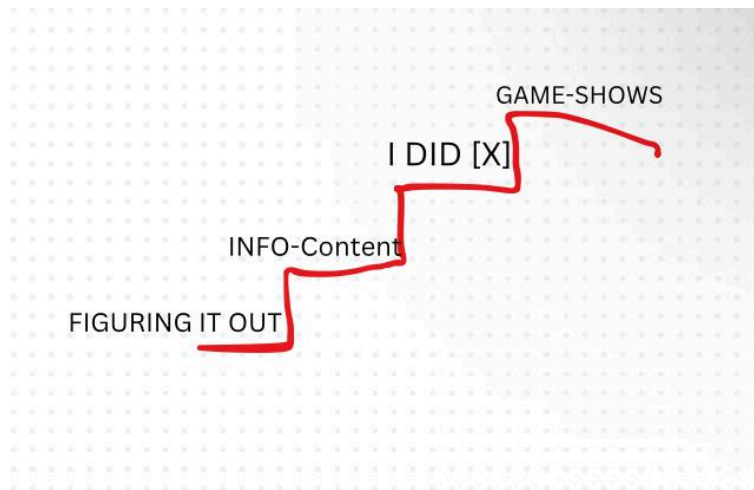
Did another set of seated leg curls

Learned the final viral video type: TV production

Learned the secret type of video is info content 11:16pm

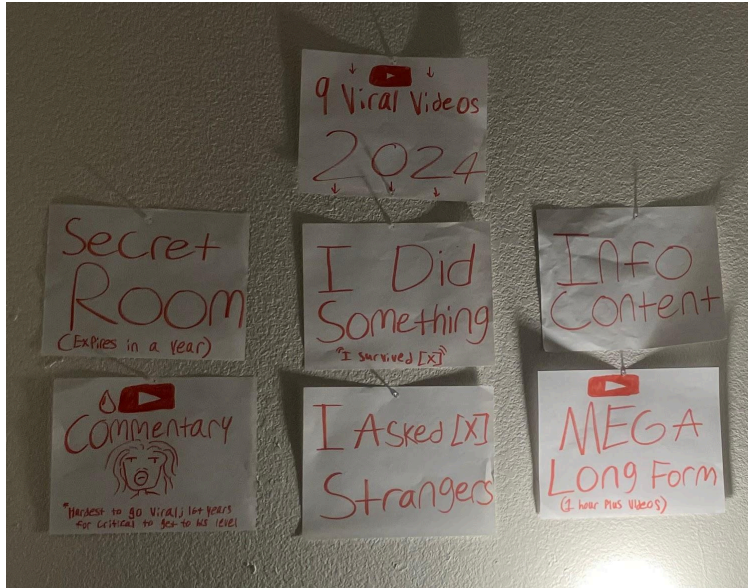
Made a value ladder for YouTube 11:22pm (at gym)

Learned to take off the mask I put on others 11:31pm



Texted Vexian helping him find a GTA modding specialist and got a response 1:12pm

New video got one person watching all the way through! (I think it was Shaq) 1:17pm



Added YouTuber bounty hunt: Matthew Reeves and Ryan Trahan 1:44pm

Slept 2:18am

## WD

Getting up whenever I want 9:18am

Crashed into a pedestrian 8:58am

Made it late to second class 3pm-5pm

Recent short flopped 3 views after six hours 3:38pm

Didn't reveal much during walk to Eagle 8:14pm

Slept at 1:46am

## WM

Mouth words in spanish 9:17am

Write faster lol in span 9:08am

Spam info content 12:42pm

More info content on more channels

Learn more about info-content

### **Takeaways:**

9 types of viral video formats right now:

#### **Info-content**

**Secret rooms** (won't last a year from now)

**Mega long form videos** (1 hour+ long)

Commentary channels (video essays or in person, moistcritical is a mega outlier 16+ years

**I Did Something...** ( I survived [X] hours in Y)

#### **Commentary**

### **Plan 8/22/2024**

Class @9am room 180H

Edit edit edit Spider-Man info content video

Listen to WOTSM 9pm (Throughout the day)

Make a video on info-content

8/22/2024

**WW**

Woke up 7:58

Listened to How A Person audiobook 7:58am (link [here](#))

Another viewer watched my content till the end 7:59am (0.2 watch time)

Put contacts in 8:11am

Took a walk 8:12am

Caught myself judging and removed the mask I set on the obese fellow 8:15am

Used the no judgement principle 8:15am

Used the switch frequency principle while listening to music 8:16am

Learned authentic conversations build more rapport from audiobook 8:16am

Remembered I listen to people way more than I talk 8:18am

Learned to understand what fears hold people back 8:20am

Remembered Autumn stayed till 2am to do her assignments 8:21pm

Remembered I tied her shoe after she refused 8:21

Learned to be more vulnerable 8:22am

Learned when one party is vulnerable the other reciprocates 8:23am

Created "I Survived 8 Hours Hula Hooping" 8:25am

Remembered the social tension rule 8:25pm

Learned I can build trust through consistency 8:26am

Returned from walking and listened to relationships audiobook

Made a info-content video on Ronaldo (link [here](#)) 8:40am

Finished audiobook 8:47am



Headed to class 8:51am

Got to class five minutes late lol 9:05am

Had Brenda Jaskulse-credibility in director and business owner (?) teach class lol 9:09am

Focus on television section 9:09am

Used trends for "suit" keyword 9:16am

Learned gonna be graded over making a film for MRTS 2210 9:19am (Epic- use 2Vision section)

Learned Television section is my favorite lol 9:21am

Learned switcher for television

Working with audio first for media production class 9:36am

Learned to focus on info content first before I DiD X9:50am

Learned the media checkout times 9:51am

Learned it's our job as artist to replicate physical sound in a computer 10:08am

Learned air pressure is balanced inside our ears 10:13am

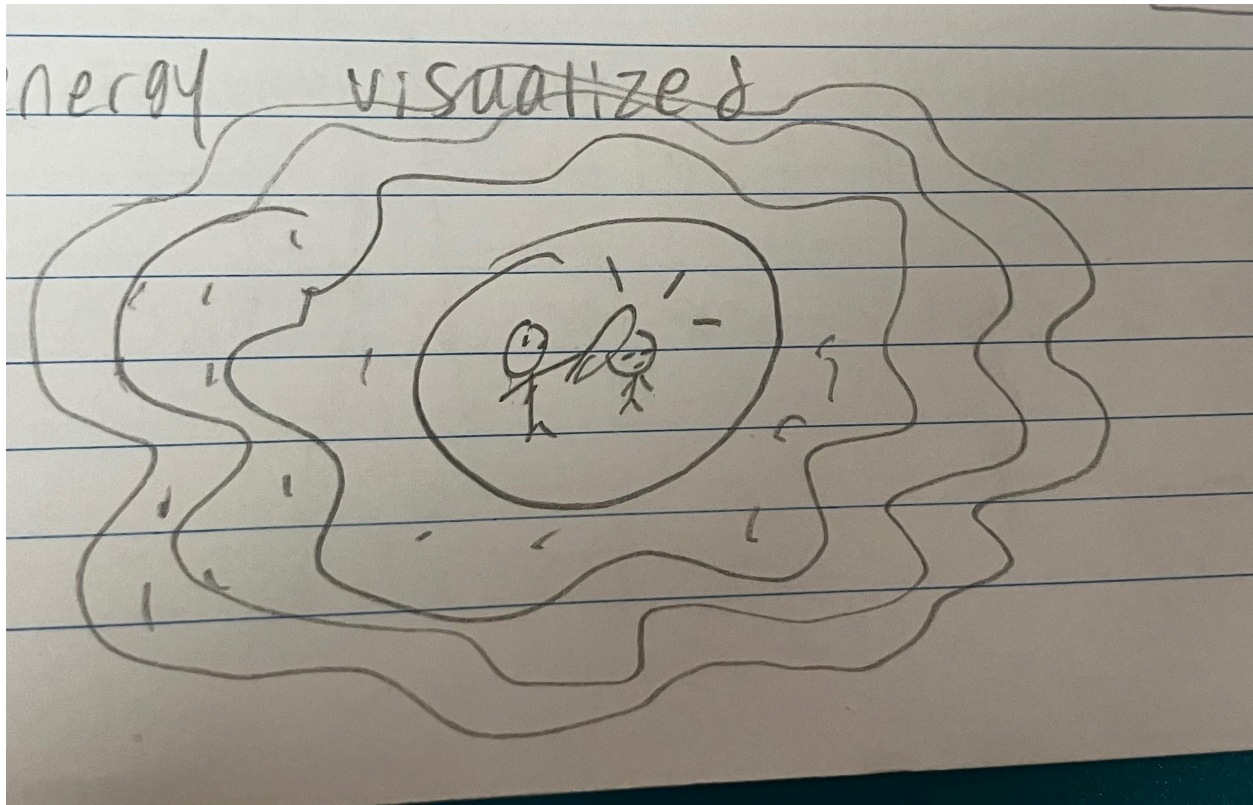
Sound is tiny variations in air pressure 10:14am

Learned Sound waves travel in wave form through air molecules bump & release 10:16am

Learned sound needs a medium to travel in like air and liquid; not space.

Watched a mythbusters video (kinda like "I did [X]" format. 10:19am

Checked out a water hose video 10:22am



Learned sound is a frequency 10:25am

Learned humans can hear frequency as a pitch 10:26am

Learned we can calculate frequency like we feel temperature 10:26am

Learned the higher the frequency, the higher the pitch 10:26am

Humans can hear 20-20kHz

Learned 950Hz 10:26am

Learned the cut off is 16kHz 10:26am

Learned Amplitude is the number of air molecules displaced by a vibration

Learned loudness is expressed as SPL 10:39am

Learned loudness is typically represented by the amplitude of the wave form 10:42am

Just left class to champs 11:58am

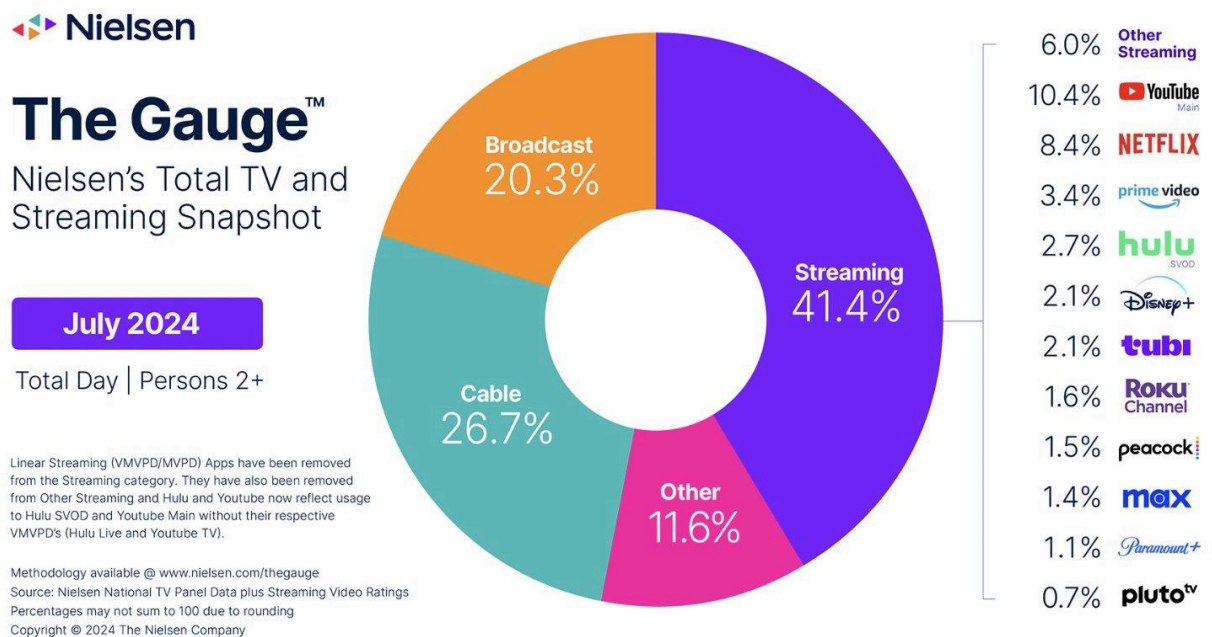
How to get ahead of 99% of NPC's lol ([link](#))

Learned to live life by design 11:58am

Learned where attention goes; energy flows

Found a new movie site [soaper.tv](#)

Found this cool pie chart on yt twitter 7:28pm



Learned "\$1000/Day for beginners" sounds better than "how to effectively funnel traffic to your email list from short-form content" 7:30pm (link [here](#))

Did a YouTube trends search and saw Caseoh was trending

Spent time w coworker Autumn 12:45am

Bed 1:23am

Logged bedtime 1:23am

Learned to not search for problems 1:23am

**WD**

[REDACTED]

Learned I haven't been using the "Bray [X] online

Totally couldn't find 180H class 9am

SocialBlade metrics project hitting 4,000 subscribers in four years 9:08am

Audio section has no visual projects 9:20am

Inflatable suit idea ain't it- 53 search on trends now 9:30am

Wanted to change my seat but messed up lol 9:39am

Figured I'll be in room RTFP 177

## **WM**

Figure out how to live life by design

Look into MythBusters video (starter video [here](#))

## **PLAN tonight**

Check out the newsletter for Jeremy B and Record it

Desk shift 8pm-10pm

## **Plan 8/23/2024**

Span 9am

Research Swithcer for YouTube

Plan: Use comic sfx for IRL videos to show sound 10:39am

Record in green shirt going outside and searching for the Spider-piece

8/23/2024

WW

Woke up 6:40am

Texted mom to have a great Friday

Put on a Jeremy B video 7:17am

Took a walk 7:17am

Span class 9:01am

Live-streamed from 10:29am to 12:50pm

Arrived at Eagle landing to eat 1:49pm

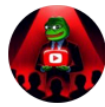
Headed to pick up union package

Ordered Black Myth Wukong \$65 12:46pm

Learned animation youtube videos are good for retention 4:27pm

Found a + 300 niche YouTube (Link [here](#))

Reviewed a popular valuable YouTube discord server ([here](#))



**moneymaxxing** @mone... · 9h

**80/20 for youtube:**

**focus on:**

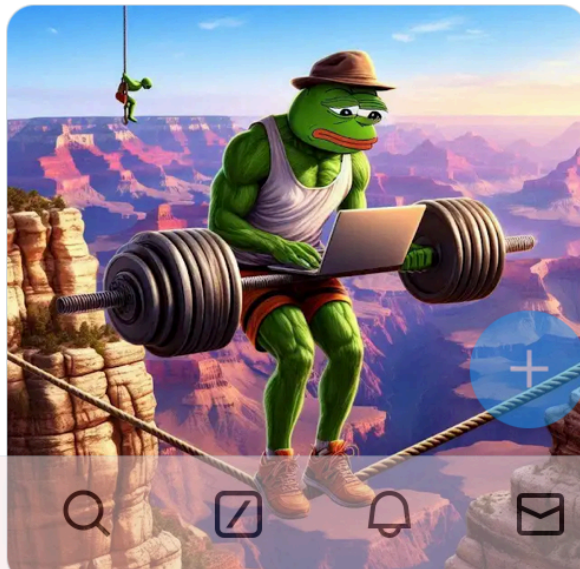
- killer hooks
- problem -> agitation
- clear CTAs

**not:**

- fancy editing
- perfect lighting
- trends

**double down on what works**

**your 20%?**



Found the 80/20 rule for YouTube

Realized the subconscious emotion was getting tense 5:58pm

Searched an article for killer hooks on YouTube 5:58pm

**Learned to focus on “killer hooks” 5:59pm**

**Learned to focus on problem-> agitation**

## **Learned to focus on clear CTA's**

Woke up from nap 9:03pm

Got ready for gym with Autumn 9:07pm

Took a walk 9:07

Found this audiobook on the subconscious mind 9:10pm (link [here](#))

Finished workout and visited 711 10:20pm

pm

Found a scripting story for business (link [here](#))

Found 50 good hooks of all time for YouTube shorts (link [here](#)) 12:11am

Added hooks to 2Vision section Google doc 12:11am

Watched snowfall w Grant and Autumn 12:11am

Ate Fuzzy's hamburger and black beans 12:12am

Kicked em out the bray cave 12:32am

Took a shower & went to bed 12:42am

Found this how to hire form on Twitter



## How to hire the best people you've ever worked with

Marc Andreessen

- Focus on three key criteria when hiring:
  1. **Drive**
  2. **Curiosity**
  3. **Ethics**
- Drive:
  - Look for self-motivated individuals who push through challenges
  - Seek evidence of achievement in their background
  - Consider candidates for whom this job is their big chance to succeed
  - Be cautious of those from highly successful companies
- Curiosity:
  - Indicates passion for their field
  - Look for candidates who stay current and have informed opinions
  - Be wary of those whose skills have become stale
- Ethics:
  - Avoid candidates with any hint of questionable ethics
  - Test for honesty by seeing how they react when they don't know something
- Hiring Process
  - Have a written hiring process
  - Conduct basic skills tests relevant to the position
  - Plan and write down interview questions in advance
  - Pay attention to small behavioral cues during interviews
  - Listen carefully during reference calls for subtle indicators
- Post-Hiring
  - Expect a 70% success rate for individual contributors, 50% for executives
  - Be prepared to fix hiring mistakes quickly, but not too hastily
  - Realize that firing underperformers often benefits both the company and the individual
  - Value and appreciate the great people on your team
  - Remember that intelligence alone is overrated; focus on drive, curiosity, and ethics

Remembered I Copied Autumn's limping and spitting lol 1:07am

Watched Undergrad (link [here](#))

WD

Got sleepy while walking 7:29am

1.1 of average views per viewer need 3>X 7:30am

Phone at low battery 1:49pm

Autumn and Eunice talked with Bray about YouTube being a little too much 5:32pm

Realized I be complaining a lot about YouTube more often than not 5:32pm

Realized I don't have any hobbies outside of YouTube 5:34pm

Stop trying to fix everything people complain about 1:07am

Learned the character in Undergrad are degenerates with nothing going on

## **WM**

Study hooks 6:16pm

Study clear CTA's 6:16pm

Focus on problems -> agitation 6:16pm

## **Takeaways**

Study viral hooks and plug them into the viral doc.

Study clear video CTA's

Learn how to agitate pain

## **Plan**

**Study and Focus on "killer hooks" 6:03pm**

**Study and focus on problem-> agitation 6:03pm**

**Study clear CTA's 6:03pm**

Flag football 11am

Search 1 YouTube video hook

Add **Study hooks to the Bray2cool principles**

## **Plan later**

Lunch with Autumn at 2pm

Launch a channel where I sell a course

8/24/2024

WW

Woke up around 7am

Took a walk 7:28am

Logged in the bed

Returned from walk 8:02am

Read Claymore while in bed 8:22

Set schedule for stream

Flag football 11:00am

Live-streamed from 12:45pm to 4pm

100 views on livestream

Hung out with family 4:30pm till 8pm

Cleaned up and showered 8pm

Autumn hangout 8:45pm

Started a frustration list 10:39pm

WD

Woke up phone on low battery

WM

Plan later:

Livestream around 9am to 10:45am

Flag football 11am-12pm

Livestream from 1pm-4pm

Plan: Rest-chill day

Watch anime

Talk about 100 hooks on YouTube

Lunch w Autumn 2:15pm

Pool 6pm

**8/25/2024**

**WW**

WOKE UP AT 2am to read claymore manga 2:34am

**Woke up again at 7am**

**Read claymore from 7am till 9am**

## **Changed clothes and took a walk**

### **Took a walk 9:15am**

Livestreamed Black Myth: Wukong 9:45pm

Ended livestream 1:00pm

Logged activities 1:23pm

Watched a video on being a specialist or generalist 1:24pm [link here](#)

Went to lunch w Belle and Autumn 2:20pm

Came back from market place 3:17pm

Called Autumn about the community circle times

Searched up hooks for YouTube on Google

Finished Recorded, edited and published 3 shorts for the week 4:23pm

Laid in bed to read Claymore 4:24pm

Wanted to watch the business video in bed 4:24pm

Learned I can't really have one skill in online but stack skills on top of another 4:31pm 11:32-time stamp

Researched hooks 4:33pm

Logged a time ahead

Went to the pool w Belle and Autumn 7pm to 8:15pm

Logged 8:15pm

Researched Problem- Agitation-Solution framework (link [here](#)) 8:18pm

Ate Eagle w Belle and Autumn 8:24pm

Left 9:02pm

Joined back up with Autumn after she kept going straight 9:24pm

Arrived at the front desk w Debby 9:36pm

Told the gang I'd be leaving to "sleep" 9:35pm

Studied problem-> agitate-> solution 9:37pm

Logged 9:37pm

Played a game of Minecraft 10pm

Scrolled Twitter looking for value

Reached 550,000 views on YouTube! 10:20pm

Purchased McGraw Hill textbook 10:20pm \$75

Learned 4 types of people 10:23pm

Red-leaders like to take charge

Yellow-loving to talk have new creative ideas

Green-stable, quiet and reliable, like routines and schedules

Blues-Analytical and data obsessed people. Struggle with decision making

(Link [here](#))

Learned hook: "I Bet you can't replicate any of the clips in this video

MrBeast character versus Caseoh

## **WD**

Woke up with a raging [REDACTED] 2:34am (Bray 1:25pm- Bro why)

Showered at 2:34am

Need a short for tomorrow

## **WM**

Plan theme: Meetings and Livestream

**Plan: Theme meeting time**

Span class at 9am

1 on 1 Meeting with Eunice 2pm (1:45pm)

Intentional Convo 2pm

Intentional Convo 4pm

Intentional Convo 11am

8/26/2024

**WW**

Learned to use “but” and “therefore” in my story beats

Scrolled on money twitter for a few hours

Took a walk 8:04am in clothes

Identified the woman in the red dress 8:06am- nmutua

Went to Spanish class 9am

Took notes and entered Anki junk 9:30am

Left Span 9:50am

Arrived home to livestream 10am

Live-streamed from 10am to 1pm

Had a intentional conversation in between 11am and 11:30am

Went to Eagle after stream 1:20pm

Had an intentional conversation w Eunice 2pm

Realized almost everything I like can be done online 2:30pm

Left meeting 2:40pm

Edited and voiceover work for restaurant video 2:50pm

Stopped voiceover work and sat and showered to recharge 3:09pm

Recorded and edited 3 finance YouTube videos for the finance YouTube channel 3:15pm

Added my residents school emails to the hall group chat 3:16pm

Logged late on what the hell happened today 4:15pm

Meditated for ten minutes 4:15pm

Edited and created a Caseoh Thumbnail





Made a thumbnail for Sketch



Went to gym

**WD**

Observed a guy smoking while fixing his car

Saw Nichole drive by on their way to class

Obsessively depended on Twitter

Discussed surface level the group dynamics of Grant and Autumn with Eunice

**WM**

Anything money-related goes on the second channel

Use Beauty of SAAS articles for video ideas

Use shorts to build and grow the audience convert to long form

Walk Autumn from Santa Fe to Traditions front door

Plan:

Livestream 9:40am

Finish editing restaurant video by 8pm

Intentional Conversation in outlook 4pm, 7pm, 8pm

Clip livestream

8/27/2024

WW

Woke 8:23am

Read Claymore till 8:50am

Changed clothes took a walk 8:59am

Did laundry 9:12am and returned from walk

Did Spanish homework

Almost gave in to eating before 1pm

Watched a Charlie Morgan video on consequences, 2nd consequences, 3rd consequences (link here)

Recorded Caseoh video 11:40pm

Studied Joan of Arc

Left for Eagle-champs 12pm

Called Belle and Autumn

Made a community circle poster

Made Caseoh video using multiple hooks

Got 165,635 views on reposted corn video

Made a character model move with move one 5:43pm

Realized how insane move one is 5:47pm

Watched this video on [move one](#) 5:47pm

Phone call with mom and move one

Learned to download a file from move one

Use chrome extension (preinstalled), enter code, download file 6:52pm

Used the move one app and imported the character in Blender 9:20pm

Working the whole desk instead of pie 9:48

Watched a video on alcohol Andrew Huberman 10:17pm

Learned alcohol is literal poison

Read my notes because I became impatient

Remembered neuroplascity 10:28

Learned I can download Blender at the front desk computers

Learned blender retargeting

Autumn pulled up 12:34am

Learned how to copy animations from one object to another (Link [here](#))

Went to bed 2:38am

Understood the retargeting for Rokoko 3:03am

Read Claymore to bed 3:04am

Learned to name characters "claymores"

WD

Didn't log a lot yesterday

Saw one of the football players throw up and get back into the game (yesterday)

Didn't hold door for a resident

Andrew Huberman podcast 7:51pm

Need to replace the model with the default rig 9:20pm

Need worlds for blender 9:29pm

Need camera work in blender 9:31pm

Signed up for the pie

8-10pm desk shift

Hot out of pie face

Didn't push on calf raises

Stayed up late 12:34am

Learned retargeting rigs a little too late

Got no sleep

WM

Say no more often

School work in the morning

Move One and make quick animations

When impatient or angry look at progress 10:18pm

Take online gurus advice with a grain of salt

How to apply a mesh on a rig

**Today's theme: Move One**

**Plan:**

Span class 9am

International film class 3pm-5pm

Add the move one plug-in into Blender

Learn how to add a another model on a rig

**Hard work plan:**

Spanish homework 8am

Span class 9am

Livestream 9:40am

Watch Blender retargeting video link [here](#)

8/28/2024

**WW**

Woke up at 6:40am

Read a little bit of Claymore 7am

Sat up in bed 7:56am

Remembered this viral tweet about doing the work

Got spanish homework done



Added a boss rigged character to the scene 8:47am

Remembered to add a rig to the OW model 8:48am

Had a good spanish class 10:13am

Be more polarizing 10:13am

Livestreamed from 10:29am to 12:49pm Roblox

Gained 9 hours of watch time from playing Roblox with subscribers 12:49pm

Headed to champs for lunch 12:49pm

Finished listening to Andrew Huberman Alcohol [podcast video](#) 12:50pm

Used Mixamo to actually rig the character for 3D models 2:27pm

Found a useful video on move one and Blender animation (link [here](#)

Realized I have to use Mixamo as a third party for character rigs and junk 2:40

Learned persistence of vision in International Film class

Edited in class 3:06pm

Called Autumn and promised to hang out around 7pm

Uploaded Juno to the Mixamo server to rig and have her dance 3:12pm

Witnessed a student code while in class 3:15pm

Saw a short film called "The Great Train Robbery"

Learned about SAAS and will have to hire a SAAS developer after 6 years 5:04pm

Got the autorigging to actually work

**Saw the BSU Found this video to help with "sorry..." (link [here](#))**

**Successfully retargeted an animation to Spider-Verse animation man w/o editing by hand 6:34pm (link to video [here](#))**

**Researched problems I was having with Mixamo 6:35pm**

**Video that helped with errors (link [here](#))**

**Ate Eagle landing w Autumn 8:06pm**

**Felt "sad" so I looked at this emotion chart to help and I did gratitude 8:48pm**

**Blasted Spuderman music- took a shower 9:20pm**

**Listened to Jake Smith- Manipulation (link [here](#)) 9:55pm**

**Worked on Blender \*\*rn 9:55pm**

**How to add textures on Blender model**

**Learned the secret to reciprocity is to help others with nothing in return 11:13pm**

**Made Jiggle Physics 11:43pm**

**Uploaded the weird junk 12:21am**

Autumn pulled up to say what was on her mind 12:18am

Talked with Innish and Talon about Autumn's attitude 12:58am

Got called a "cool RA" 12:58am

Learned how to add textures onto a non existent model (link [here](#))

Learned how to add models with textures to mixamo link [here](#)

**Stayed up till 2:02am making Juno porn bruh**

**Found an asset pack on money twitter (link [here](#)**

## **WD**

Read Zatsu

Wanted to do Blender work, but failed

Felt a little guilty doing edits in class 3:06pm

Got excited to see if I could do the Juno Pc shit

Set a 15 minute timer and class went over 5:08pm

Left early to head to Crumley then el biblioteca 5:16om

Developed inside mask and formed a bias around Autumn- take off the mask 8:30pm

Wanted to replace friends with business 8:32pm

Felt left out when I saw A text

The Juno model already had a rig 2:03am

Juno retargeting did not work

## **WM**

More Spanish homework

Test the train robbery for retention

## **Plan:**

Do Spanish discussion write up



Class from 9am to 11am

Autumn hangout after business ventures

**Hardest task:**

Blender

Spanish Discussion Board 8am

Read Claymore

8/29/2024

WW

Woke 7:36am

Read claymore 7:36am

Slept a lil too late 8:40am

Learned that reality and the mind are not one in the same 8:50am

Listened to a Nero Knowledge video (like [here](#))

Learned to switch frequency 9:20am

Confidently completed a quiz

Remembered to switch frequency principle (again)"

Learned about a audio program called "Audition"

Learned reasons to edit:

**Edit out mistakes, remove mistakes or unwanted materials.**

**Shorten/ Lengthen the recorded program**

**Convenience of assembly(?)**

Studied hooks for TikTok (link [here](#)) 10:02am

Learned edit points at the beginning of class

Learned a couple of hooks [X] said this about [X]

Learned to use hooks more than one time

Learned hook: "What's stopping you from [X]"

Found a really cool keyboard and set up in the UNT editing

Learned to type my.UNT.edu into Adobe audition

Learned school computers wipe downloads after 48 hours

Learned to store SD card storage onto an external USB 10:24am

Told my subscriber Mirage to NOT like every livestream on the Bray2Cool Channel 10:38am

"I Tried Learning Blender in 1 Day" 10:39am- Actionable video idea

Realized I kinda need a side business 10:40am

Remembered the frustration note

Learned the pleasing audio range is from -12db and -24db 11:04am

Learned I can download Blender onto USB drive 11:06am

Learned Wav files are better than MP3 bc Wav has more fidelity 11:20am

Worked on side business while peers stared blankly at a computer 11:21am

Found a 500 hook swipe file swipe link [here](#)

"I Tried EVERY [X] so you don't have to"- TT hook 11:26am

Remembered lex is a evergreen problem to agitate and hook viewers 11:27am

Project for MRTS 3:15 time of 2 ambient tracks, voiceover 11:32am due 9/19/2024

Learned audio editing checklist:

**2 Ambient tracks**

**3 Sound effects**

**1 Narrator track**

**1 Music Track - Last, but not least**

The project must include the following sounds:

- 3 sound effects
- 2 ambient tracks
- 1 music track
- 1 narrator track

Students are welcome to record more than what the project parameters outline.

Learned to not break the mirror because it's what I don't want to see

Learned to smile in the mirror to see what I want

You can't get nothing from the universe you give to yourself 12:07pm

Learned there is no truth in reality than what the subconscious mind has accepted as truth  
12:08 Nero Knowledge video

Learned I was masking Jelani because I wasn't in his network now I'm in it and it's not all that

Took a nap 1:08pm

Woke 3:20

Stayed in bed to read claymore 3:21pm

Went to Union to pick up an Amazon box for return 5:40pm

Learned about aysymmetries in YouTube for news for example 5:41pm-like making news on  
only fans models

Arrived at UPS store to return Amazon package 6:28pm

Made it to Bonnie Brae ST with two charges left 6:29pm

Returned from package return 7pm

Showered 7:05pm

Downloaded Blender on USB and was able to access it on PC 7:13pm

Hit the gym at 10:44pm to 11:32

Learned reality is a frequent

Learned 3 types of people: complainers, realistic people, and (?) 11:59pm

Ate canned food and added butter to the meal 12:33am

Went to bed at 1:50am

Learned a lot of muscle means you're insecure (?) 1:52am

## **WD**

No stream today bc class and burnout a little

Stayed up too late 2am- last night

Missed 3/10 for a quiz

Manipulator audiobook kinda fucked me up

Learned presenter knew audience retention was low 9:35am

## **WM**

Claymore and nap immediately after class

Learn lighting in Blender 9:23am

No quiz for MRTS next week.

No notes for this class today

Switch frequency principle

Rearrange hooks in the 2vision section 10:35am

Find a free mocap face capture

Use USB Drive to download and store info

Keep studying viral hooks for [X] 9:32am

Head to McKenna park for a walk- after class

Make Yuji Itadori "wap wap wap" blender render 10:46am (link [here](#))

Print out editing checklist

## **Plan tonight:**

Desk shift 8pm-10pm

Autumn hang out 9pmm

Plan:

Download Blender on Blend and YouTube USB drive so I download assets and start working on those projects 11:07am

Spanish discussion homework

Develop friendship principles

<https://housing.unt.edu/>

8/30/2024

**WW**

Inside problems require inside solutions

Busted down span homework

And professional development homework

Went to the park to workout bc of stress 6:04pm

Learned the you-inverse is me

Grabbed the on call phone

Went to park to relieve stress

Sat and did nothing to breathe

Been vulnerable playing Roblox w Autumn

Learned anything we do in reality is a effect 12:09am

In bed at 12:40am

**WD**

Didn't log a lot early

Took up the on call phone

Got lost in the sauce for purpose layer

## **WM**

Inside Plan:

Edit restaurant war video

Fake it till I make it

Be confident

Be more masculine

8/31/2024

## **WW**

Applied fake it till you make it principle

Learned to be transparent with my audience on breaks and what not

Link to prank call 2 parties (link [here](#))

Make up progress for progress 8:47pm

Learned to use Layer styles in Photopea

Learned to be more confident in my abilities

## **WD**

Eagle landing closed

Ate chick fil A twice because I felt I “needed” to eat more protein 10:19pm

Read manga

Learned to prioritize yy

## **WM**

More inside world junk for feedback log

Plan: After college(plan for after college)

Livestream

Read claymore

Eat Eagle land

9/1/2024

WW

Learned I've been pretty lazy Isttuuyuun

Livestreamed 9:40am till 12:28pm

Outreached two finance YouTubers about YouTube outreach 12:46pm

Used the fake it till you make it principle 12:46pm

Got dopamine I know how to make good YouTube thumbnails 12:46pm

Learned make a course and have actionable goals for the next video before moving on

Made a good Caseoh thumbnail using photoshop



Watched a video on psychology 12:16pm

Watched ██████

Watched a MrBeast CaseyNaistat video

WD

Learned to not watch course after course after course instead use real world experience



**WM**

Do youtube thumbnail outreach during free time or low time

This is our platea

Check out the 4 agreements book

**Plan: Catch up Day**

**9/2/2024**

**WW**

Got up and went to Mozart front desk to work on YouTube thumbnails

Found a YT portfolio builder for YouTube

Reached out to Vexian about being his video editor

Made a youtube portfolio:

[https://ytjobs.co/talent/profile/290956?r=720&t=tnp&utm\\_campaign=share-new-profile&utm\\_ref=talent&utm\\_source=copylink](https://ytjobs.co/talent/profile/290956?r=720&t=tnp&utm_campaign=share-new-profile&utm_ref=talent&utm_source=copylink)

Did calculations on sales for Audrey Lo 348 sales priced \$29= \$10,000

Learned how to make more sales

Faked it till I made it 9:45am

Read manga and listened to Huberman lab podcast

Gave into my curiosity 9:46am

Learned it's difficult when one person gains and the other loses

Learned to open my mindset

Called Mom for Labor Day

Outreached to 10 prospects for YouTube thumbnail

Thought about hiring a VA to help outreach

Developed a workflow

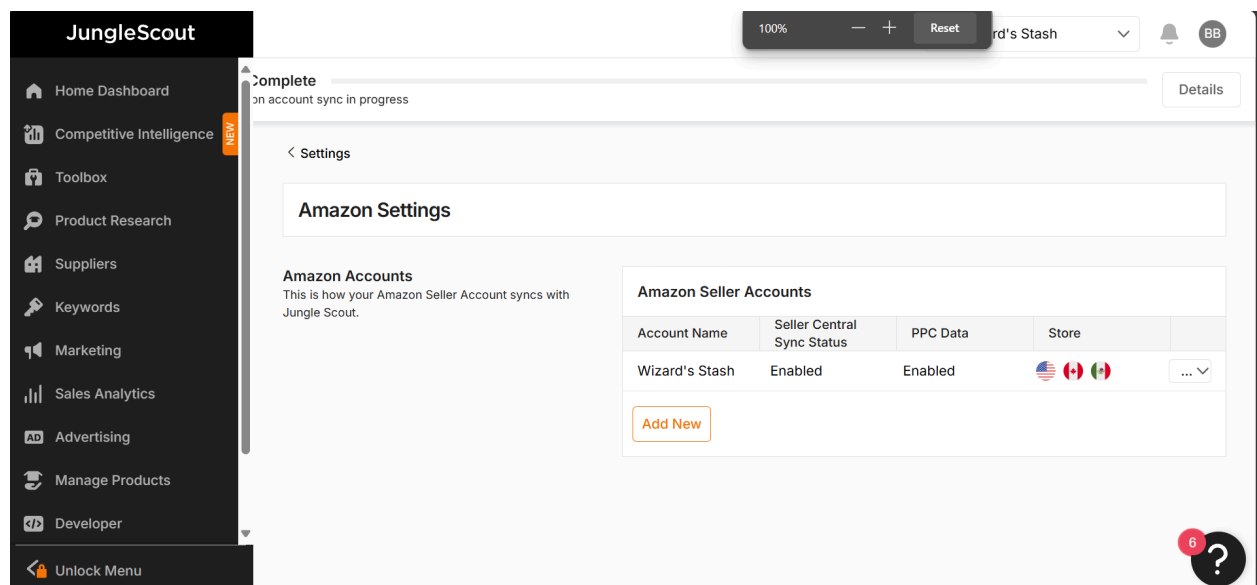
Learned to ask what services

Revisited Jungle Scout and learned to look for products above 300 sales

Learned to USE RA MONEY FOR AMZ Business 8:06pm

Need to learn how to get more sales

Purchased Jungle Scout for Amazon money business



Was able to gain access to Jungle Scout


Needs how to make sales with Amazon; low competition, high demand


Check out these videos [here](#)


Link to Jungle Scout [here](#)











Good settings here


Save Filter Load Filter Set

Product Tier   
☒ Standard ☐ Oversize

Seller Type   
☐ Amazon ☐ FBA ☐ FBM

Filters 

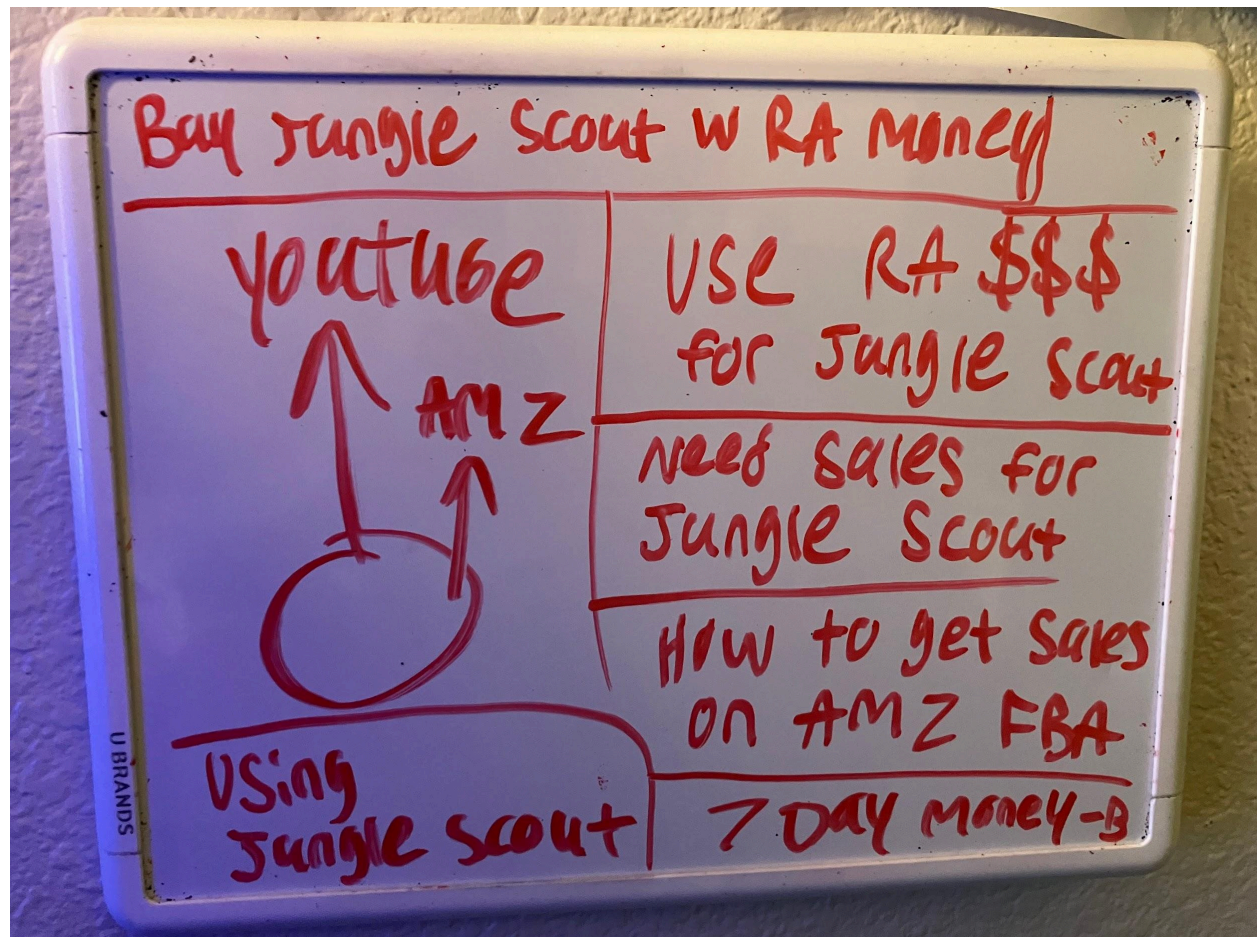
 18	→	Max Price	 Min Reviews	→	50
 Min Net	→	Max Net	 Min Rating	→	Max Rating
 Min Rank	→	Max Rank	 Min Weight	→	Max Weight
 300	→	Max Sales	 Min Sellers	→	Max Sellers
 Min Revenue	→	Max Revenue	 Min LQS	→	Max LQS

Date First Available  All

Include Keywords

Exclude Keywords

JS



Learned goal setting by Andrew Huberman 11:26pm (link [here](#))

**Learned with all goals we have to ask: “am I trying to learn something new or am I trying to withhold something 6:48- Huberman 11:17pm**

Learned to adjust the weight by 5 to increase weight 11:28pm

Learned to print this shit out

**Learned errors, frustration, anxiety in goal setting literally opens the path to opportunity 15:19 Huberman 11:37pm**

Learned I’m prone to setting new goals rather than withhold the goals

**WD**

Stop talking in small Bray voice

**WM**

Check out and purchase Audrey Lo’s digital product by Thursday if everything goes smoothly [link here](#)

Take an idea for inspiration and make it ten times better 4:41pm

Take a picture of the lead’s current thumbnail and include it in the current email 4:40pm

**Plan:**

**Check out Jungle Scout**



Hire a VA for outreach needs to be clear asf though

Study Audrey Lo's \$30 blueprint to stand out from the crowd online purchase her digital product from Wednesday and afterwards

Outreached 10 people for youtube thumbnail

Just Dance 3 workout

Is [X] worth it- use affiliate links in the description 5:16pm

I always come back channel banner

9/3/2024

WW

Learned to set goals in a 12 week cycle from Huberman 2:58pm time stamp 36:28

Learned then to determine how many hours per days I'll spend on the goal, then weeks, then months



Live-streamed

Learned I can reach out to Chinese suppliers to buy a big size rug for \$0.75 and sell for twenty or so dollars

Realized I don't have beliefs, beliefs have me 5:15pm

Realized the YouTube shorts part of Bray wants a break

Got a response from Alibaba supplier

Listened to Andrew Huberman goal setting tool kit 9:33pm

Learned motivation protocols

Recorded a short video on de-stress in the art building 7:20pm



Recorded "I tried Shadow Clone Jutsu in Real Life" video 9:35pm

Program: pie an RA 8:55pm

Logged the many shades of Bray 5:47pm

**Learned to actively work on maintaining focus with the distance eye method 11:02pm**  
**59:19- Huberman time stamp ([here](#))**

**Focus on the eye's distance within a given target like mirror or phone screen and blur out any and everything else**

**Learned to use peripheral focus 11:05pm- where I unfocus my eyes on a fixed distance and have my hands do something relative to the task at hand 11:05pm**

Learned I can do what I want at any time 11:07pm

Printed out technique peripheral vision for life gamification 11:07pm

Used a new technique for lat pull down- Grant special secret move 11:12pm

Learned the Huberman eye peripheral focus technique time stamp 1:01:45

**Peripheral eye technique explained: pick a target and focus on the distance from me to the object**

**Use the demotivating motivation technique in tandem with the peripheral eye technique 11:32pm**

Went to bed at 12:34pm

Watched a YouTube video on Amazon FBA

Learned everything is going to be a one person business (link [here](#))

Realized I was fighting for having my time well spent - time isn't being well spent now 7:47pm

Saw my old band director grow obese- Mr Minx 7:47pm

Printed the Aprilynne picture from resource room added context on the actual photo

## **WD**

Didn't be disciplined and read Claymore

Didn't log compared to last week 9:31pm

Peripheral eye distance focus technique can't be used longer than 8 seconds 11:15pm

Left gym to go print out peripheral focus technique 11:18p

Pedestalized the peripheral technique 11:31

Returned from football game 10:03pm got vacuum and family was over

## **WM**

**Plan Theme:** YouTube, livestream, and shors

Plan A: YouTube livestream and short

Plan AMZ: reach out to ten suppliers of winning products on Amazon

Plan: UNT. Work on Spanish homework and study for film class

9/4/2024

## **WW**

Woke up around 6am and worked on Amazon listing 6:45AM

Fulfilled Money-Bray for the time being



Live-streamed from 10:20 to 12:50pm

8 hours watch time playing videogames with subscribers

Used the peripheral eye technique 1:43pm

Put an end to the Amazon arc era

Learned to fulfil money bray through YouTube

Learned reciprocity is the online cheat code

Learned to enter reciprocity Bray

Dipped from International film class

Played casual Overwatch

Got frustrated about life after college 5:52pm

Gamified the gym (used Overwatch terms) 5:52pm

Learned to listen to what I have...I have mom as a teacher and dad as a police 5:55pm

If I borrow elements from those two. I have a sense to teach and help and a duty to serve justice to those in need. 5:57pm

Learned to grip the fuck out the dumbbell 5:57pm

Got a sick offer and response for the jungle scout termination 7:14am

Responded back with the Jungle Scout offer

Learned the one person business I have to do everything in the business 11:12pm

Learned success is the opposite of what's working and to only do what I do with a grain of salt and take others online feedback with a grain of salt

Worked and started a UDEMY Account 12:11am

Learned the internet enables 8 billion menopoly

Watched a Dan Koe video (link [here](#))

WD

Wanted to make a sale on Day 2 of Amazon business

Don't know how to monetize an audience

Sat next to these friends who didn't talk to each other for like 10 minutes before talking to one another

Observed the professor dip from class early when the whole class was watching a movie called Cabiria 3:46pm

WM

Learn how to monetize an audience

Move onto another aspect of Bray

Plan: Bray perspective and part

9/5/2024

**WW**

Identified schools sell information, access, and products  
Decided to add products in Bray2cool videos

Learned the sweet spot for audio is between 24hz to 12hz

Made a late night protocol

Renamed this doc to "Bray Feedback Toolback"

Played casual overwatch and won every game

Learned I can SS my phone and post it as a tweet

Learned time well spent- is not wasted time 5:49pm

Took a walk around victory hall 6:19pm

"Is THIS time well spent?" While I walked too far 6:20pm- answered no and turned around

Went with gut instinct when I knew I needed Bray alone time 10:55pm

Remembered Guts leaving the band of the hawk like leaving my friends 10:55pm

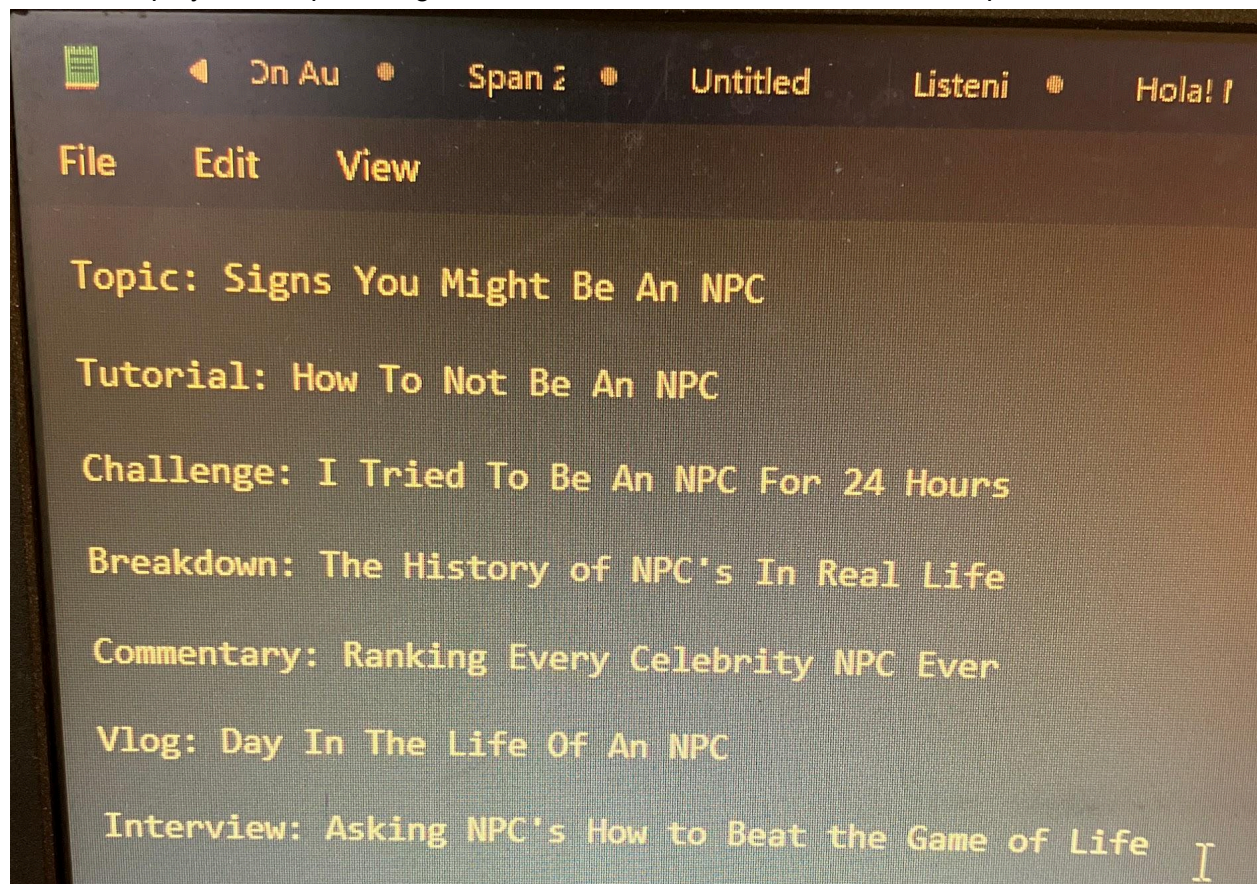
Realized I would have no future if I kept staying with Autumn and Grant and co if my time isn't well spent 10:56pm

Realized I can choose to do everything myself when it comes to making \$10k a month

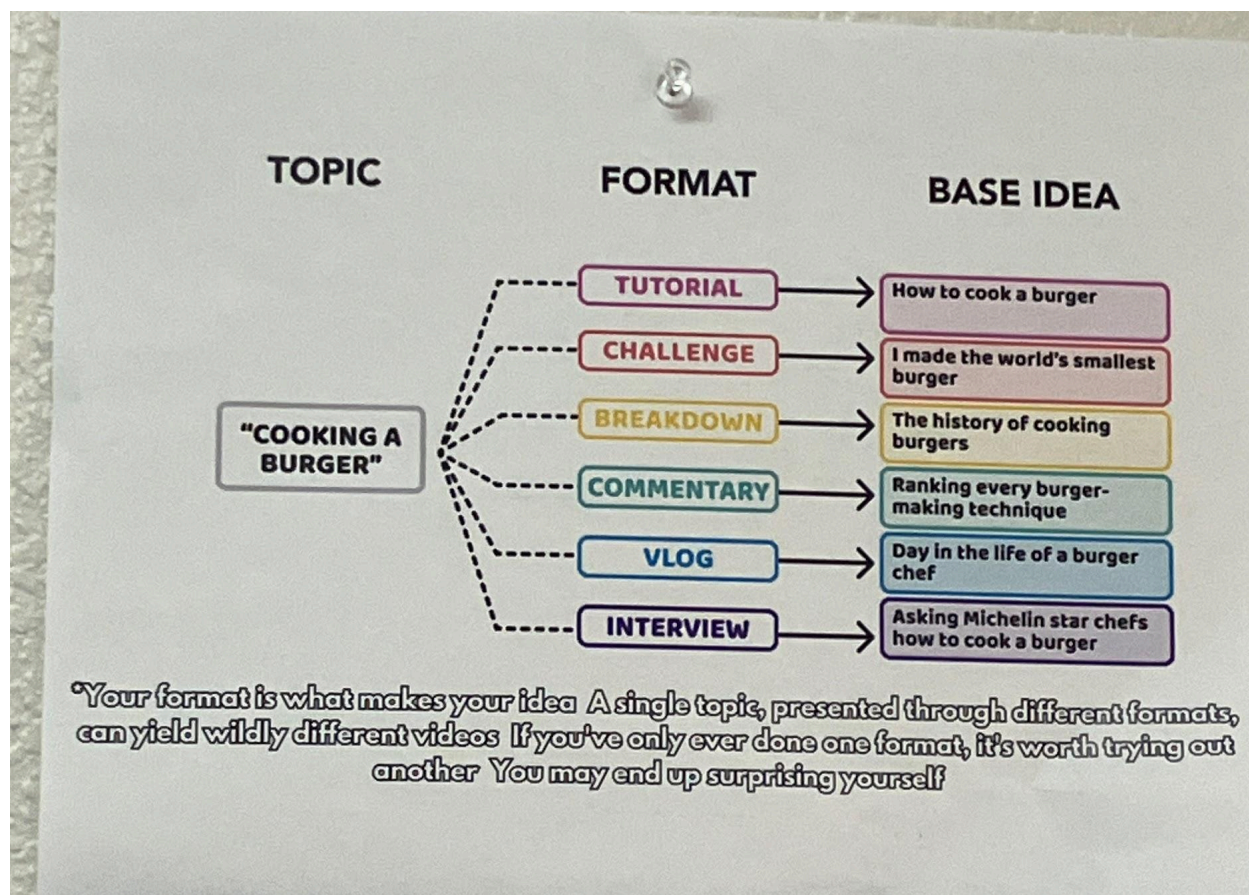
Did a follow train for the burner account 11:30pm

Realized I haven't made it yet and I can't get comfortable with Grant and Autumn 11:31pm

Used the Aprilynne template to generate 6 different video ideas for said template







WD

Got to class a little after 9am

Stayed up too late the night before

Tried to cancel the Jungle Scout subscription 9:27pm

Stayed

## **WM**

Change beliefs around editing videos on Capcut

### **Work related plans:**

Mediation meet up around 3pm in the Santa Fe 2nd floor study room 3pm

Front desk shift from 8pm to 10pm

Pie an RA from 6:30pm to 7:30pm

Check out UG Boom 005, Zoom and audio equipment to begin recording audio for project

Early morning plan:

Don't look at phone first thing out of bed 11:25pm

do Spanish pretreated imperfect quiz 11:25pm

### **Plan:**

Text jungle scout about cancelling subscriptions

Teach people about Amazon FBA sign up for new Gmail account

RLT Training 3pm-5pm

**Follow train on burner TikTok account 11:25pm- sell Jesus Christ stuff on TikTok for upsale, pure profit**

**9/6/2024**

WW

Did a Spanish quiz using Gemini over preterite and imperfect 7:30am

Got the jungle scout subscription canceled 7:30am

Named my tripod DragonSlayer 7:31pm

Did follow train shenanigans on TikTok 7:32am

Woke up whenever I wanted lol

Quizzed myself with Gemini while still in bed 7:30am

Confidently answered in class with the gemini quiz boost 9:20am

Texted Mom

Called Dad

Called [REDACTED]

Showed up to RA extended training w RA Autumn 3:00pm

Volunteered for IC 3:40pm

Learned when to

Didn't take the feedback personally on IC volunteer feedback 3:58pm

IC conversation, adapt to the resident

2 types of residents: Guarded (one response), Talkative (Needy), 3:49pm

Learned MARKET MARKET MARKET, word of mouth, door knock, flyer on the wall (on every resident's door)

Realized I don't have to know the full "course" on any teaching topic to teach it.

Just have to be one step above, literally

Need neuroplasticity for switching beliefs

Icebreaker musical chairs game 8:17pm

**Learned completing something is when you don't know what to do next 8:44pm**

**Realized I like YouTube because it gives me a sense of life purpose/mission and fulfillment 11:32pm**

**Got pictures for the Bray archetypes 11:34pm**

Realized I Can Upload The Gummy Food video next Monday 11:42pm

Learned miracles are to be created by our own power from Claymore chapter 127 pg. 16 12am

Realized I'll be monetized on YouTube after college 12:03am

Answered the on call and stopped by the residents of 247 12:54am

Returned home and consulted chat bot about eating nuggets as a reward-decided to eat a small portion tonight and the rest tomorrow 12:54am

Had Adam comment- "min yoh min yoh min yoh min yoh" 12:55am

Had chatbot summarize my chick fil a consulting problem 12:55am

**Learned to use growth words like "stronger" or "intensified" for the "problem-> agitation-solution" framework thanks to chat bot 12:59am**

**WD**



Read Claymore a little too much

Didn't get the name of the student of concern in the Incident Report

Had the supervisors above Eunice reach out about the student of concern

Realized I sing too much of the spider-verse soundtrack that occupies my mind bandwidth

9:37am

Didn't ask them about major and junk for IC

Community Circle Engagement- need to get more people- or "hook" more customers 3:51pm

"Offer yourself as a resource"- switch beliefs on this one lol.

Ambiguity on budget spending for RA active program 3:55pm

**Got a text I should be on call when I had the dates mixed up 7:17pm**

Mistake protocol and toolkit

Should've been

Got upset about not being there for on call 7:19pm

Wanted to leave early and leave high school behind 7:21pm

Didn't want to watch a football game or be present 7:24pm

Got guarded after fucking up on call 7:25pm

Not good time well spent 7:29pm

Didn't have a good time at Bryce football game 7:40pm

Time wasn't spent well 7:40pm

Noticed a dip of energy when around mom 7:40pm

Saw Alex and Luis Peak from high school 2018 at the Horn High's hook football game. Idk what they're doing here 7:50pm

Realized I never want to go to a highschool football game again 11:23pm

Took a poop 11:23pm

Bed 11:33pm

Realized reading this Google doc on phone is hard work lol 11:33pm

Got two RAOC phone calls about a noise complaint issue 12:38pm got up to go check it out

## **WM**

More follow train actividades con alt TikTok account. Sell infoproducts on TikTok

Bring laptop to meetings

Copy and Paste this log into feedback toolkit 3:43pm

1st RA meeting

Template for RA Active Program in teams

Bridge the online and in person world together

Have a community circle and a RA Active Program together 3:55pm

Plan your week, with RA Bray

## **Plan:**

Go on a run

(up to stop sign and back) today and tomorrow: Protocol lose energy on my stomach

## **Bridge the online and in person world together**

Have a community circle and a RA Active Program together 3:55pm

Print out flyers on every resident's wall 3:57

**Long term plan toolkit:**

Hang up flyers on resident's doors

Bridge online and in person world beliefs

Start 12 week process of online and in-person beliefs

Print out community circle date scheduled for Wednesday @7

9/7/2024

WW in

Went for a run 8:16am do if

Finished run after passing 3 stop signs 8:30am

Started a new 12 week goal: early morning run to stop sign 8:rr30am

Hung up flyers for said 12 week goal 8:30am

Took a shower 8:30am

Did a homework assignment quickly 8:55am

Listened to a Dan Koe video 8:55am (link [here](#))

**Learned to constantly illustrate the importance of what you believe and do in a way that leads toward your ideal future (or avoids the “enemy” of your brand) 8:57am Dan Koe video time stamp 26:55**

Posted this tweet 9:01am



Used Dan Koe's strategy to post what I'm learning online 9:05am

**Learned to literally *teach* them (audience) the skills or interests and how you learned it. There is only so much that can be said about this. You aren't creating anything new. You are simply creating a library of information under your brand - that way people can learn from you. Dan Koe video- time stamp 27:52- time 9:05am**

**Assume they don't have the drive to learn elsewhere and that YOU have to give them the information 9:06am time stamp 27:59 Dan Koe video**

**Also realized the massive difference between organic content and intentional searches. People on social media aren't actively looking for education. No, they don't already know it. No, they can't just search for it because they don't have a reason to. Show them that you are valuable enough to follow and they will solely learn from *you*. 28:05 timestamp Time 9:09am**

**Learned if information has already been said or done before, *good*, say it from my own point of view 9:13am time stamp 28:38**

**Learned whoever taught me something I didn't already know first is the authority figure I look up to 9:15am**

**Learned to write step by step plans for my audience to not work 9-5 forever (this is my recurring theme). DO THIS NOW**

**Started livestreaming from 9:20am (link [here](#))**

**Banned Braax for fun then unbanned for the stream 1:42pm**

**Turned volume up to 500% when chat was spamming 1:52pm time stamp 1:48:34**

**Ended livestream 1:41pm**

**Returned to "How to Be More Creative" Huberman video (link [here](#))**

**Learned if I'm feeling too keyed up for studying then silence is going to be helpful 2:09pm time stamp 26:47- Huberman video**

**Learned humans have a built in "salient network" 2:22pm**

**Learned to play the purge announcement as stakes if I lose a challenge 2:30pm**

**Learned if I work out in early in the morning then I'm more biased to take action throughout the day 2:44pm Huberman time stamp 37:30**

**Listened to a online storytelling masterclass 3:24pm (link [here](#))**

**Why tell a story? So people can connect and feel like they aren't alone 3:26pm time stamp video- 3:55**

Remembered how to take a punch 3:31pm

**Learned shark tank is a great example of stories selling an idea 3:34pm video time stamp: 9:00**

**Learned the 5 second rule from video 3:37pm 9:37- video time stamp**

**Learned a story must show a flow of change 3:37pm video time stamp 9:37**

**Learned to apply this principle to in real life stories as well as online stories 3:39pm**

**Learned almost any story can be boiled down to 5 seconds 3:44pm**

**Learned I can tell a story in 5 seconds or less 3:45pm**

**Also learned I can tell a story where there's a change for the better or the worse 3:46pm**

**Learned the 5 sec story is simply as I learned *this* now I know *that***

Worked on homework from 4 to 6

Mom, Bryce, MrDonte and Bryce friends showed up to visit and tour the dorm of Santa Fe and Traditions 6:51pm

Went to the gym 6:51pm

Remembered I Turned around and posted about

Filled Tooty tire with air at Union 6:52- started

New flipped Tweets on average got around 70 impressions 6:53pm

Learned

**Video idea: listening to all JOJO theme songs for 8 hours straight 8:03**

Learned I liked eating hot foods in the evening 8:10pm

Put up the 12 week plan on middle walk section 8:14pm

Listened to a audiobook on how to awaken my dormant powers (link [here](#))

Learned I'm the designer and the observer from audiobook 9:37pm video time- 1:33

Learned realizing my weaknesses doesn't make me weaker 9:41pm 4:28

Learned to not shy away from my limitations 9:43pm

Learned to not shy them away under the rug. Learned to instead confront the limitations head on and to develop strategies for these limitations. 9:43pm video time stamp 5:00

Played Overwatch on mei learned to direct my aim since I'm the director of my life 9:49pm

Remembered self awareness is a lifelong thing not a one off

## **WD**

Was scared to get my clothes on and go for a run 8:10am

Did one calf raise set at the gym and headed to McKenna park 6:52pm

Went to Eagle without consulting Autumn RIP 7:30pm

Pedestalized arbitrating information on twitter

## **WM**

9/8/2024

WW

Woke up at 5:22am

Read Claymore

Saw Roye follow me on Twitter 5:22am

Went for a run 5:22am

Recorded a Snapchat video on new purpose layer 5:41am

Went on a run and circled back to traditions and Santa Fe without stoping5:55am

Ran with keys and on call phone in hand 5:57am

Ran with only untilD in my pockets with zippers 5:57qm

Realized it was time well spent doing the run and post run 5:56am

Took a shower 5:56am

Listened to director Bray and recorded a video of me running and edited it on iPhone

Finished Claymore

Learned to create demand instead of chasing views 12:05

Returned to Huberman lab creativity podcast 12:18pm

Watched how to take a punch in a fight video 12:22pm (link [here](#))

Go get a sponge from family dollar 12:24pm

Learned the speaker in this video started off with a story: Last night I took a knee to the face, now I'm better now (link [here](#) time stamp 0.23

Got inspired to make my own how to take a punch in a fight and in real life video 12:29pm (how can I make this dra better?)

Found red sponge and sponged hair

Watched the newest Dan Loe video while playing Overwatch 2pm (link [here](#))

Learned to play with my tank leader in Overwatch and play with team 2:03

**Learned persuasion is the #1 skill of the 21st century 2:09pm Video-0:05**

**Learned persuasion is not manipulation 2:12pm**

**Learned persuasion is not unethical if it were then I would be the most unethical person on earth because I persuade everyday , but it is unconscious to me, so at that point it's considered to be manipulation 2:14pm time stamp 0:13**

Learned I need to persuade reality as well and not just people 2:42pm video stamp: 5:33

Called Grandma and dad 4:13pm

Visited the comic store 4:13pm

Watched a Dan Koe video

**Learned principles and tactics. Principles are a must they come before anything and are a requirement. For business a principle would be having a good offer and traffic. Dan Koe video 7:50**

Workflow protocol: alt account on YouTube is for challenge videos and the main account is for educational purposes on Bray2cool recommendations. 4:39pm

Learned I know where to find good viral videos on YouTube in the created Discord and YouTube servers 4:43pm

Learned to question everything 4:45pm

What are my interests? Helping people. Fulfilling myself. Teaching others. Helping others 4:46pm

4:45pm

**Learned a crucial Bray mission statement: "I like to direct, help others, and be funny"4:45pm**

**Learned a new photoshop technique**

**Implemented 5 story transformations 9:47pm**

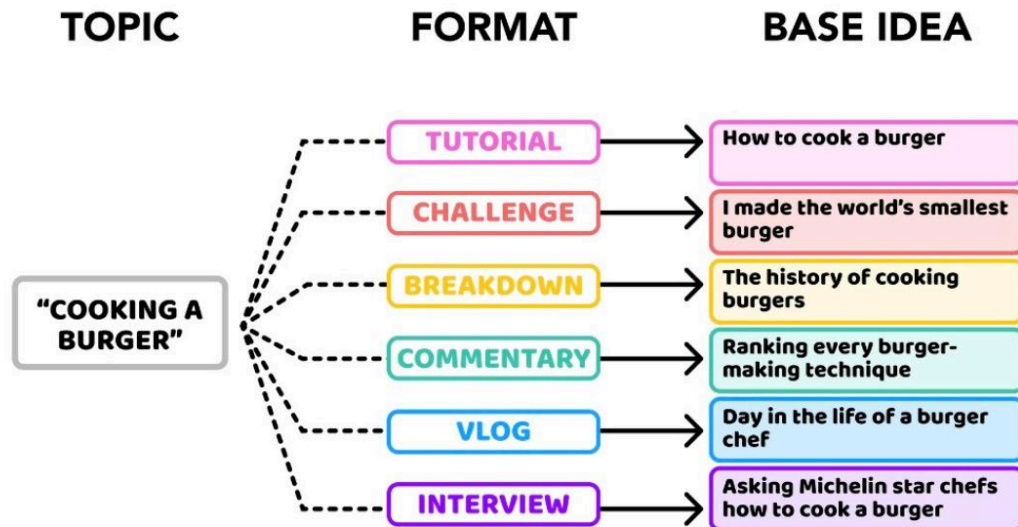
**Video idea I Tried The World's smallest burger 9:54pm- thumbnail two fingers holding a very tiny cheeseburger 9:54pm**

Watched outer banks and enjoyed the first episode 10:51pm



Headed to resource room to print Aprilynne  
Printed four copies of the Aprilyn

Left the resource room to head back to Santa Fe 12:04amne Tweet at the resource room



*\*Your format is what makes your idea A single topic, presented through different formats, can yield wildly different videos If you've only ever done one format, it's worth trying out another You may end up surprising yourself*

**Bolded WW points that actually worked 11:57am**  
**Added context to the picture that i printed 11:57am**

WD

Stayed in bed from 6am to 12pm

Had trouble printing out Aprilynne paper 11:17pm "Windows cannot find E:/[X]. PNG" make sure you typed the name correctly, and then try again" 11:17pm

WM

Set clothes out for the next day

Add more context to printed out pieces of paper

Hang up printed out paper on front door where it's obvious to see; only keep one paper up on the door 12:05am

**Plan:**

Span class

Eunice 1 on 1

Flag football

9/9/2024

**WW**

Watched a new Huberman podcast on mental training 12:58am

Went to bed late 2:01am

Learned [REDACTED] is one not to be played with or be superficial Bray with 2:05am

Used the "I'm already up" principle to get out of bed earlier 8:21

Realized the brain can't tell the difference between the preterite and reality 8:22am

Pretended I already sent out a teams message

Bought a noise blocker for doors 8:52qm \$9

**Learned toolkit principle "I already [X]" to complete a task previously not done.**

**Learned to tell stories for transformation**

Changed the name of this doc to "Bray feedback and toolkit" on 9/9/2024 9:21am

Built up autonomic arousal for YouTube content creation 12:19pm

Livestreamed from 10:20am to 12:00pm

Saw Crystal Abonce, pigma, max arocha, [REDACTED]e, and Boy Bongot vlog subscribed to the channel with text to speech chat 12:15pm

Designed the world's tiniest hamburger thumbnail from 12:30 to 1:56pm



Had an intentional conversation with Eunice about the mediation and got clarity finished at 2:30pm

Watch this video on how to not waste my life (link [here](#)) 3:49pm

**Learned the metaphor, fast women and slow horses will ruin your life 3:50pm**

Started reading Hajime No Ippo 3:57pm from the slow horses, fast cars video

**Asked myself "What can I gamify" when having a ton of free time 4z;07pm**

Found a new audiobook the listen to **The Definitive Book on Body Language** 4:19pm

Went back to previous Andrew Huberman episodes 4:19pm

Tried to make a side by side thumbnail of Dio



Created 2 types of the BlueLock Parody remake showing transformation- finished 5:06pm

Hung up wall hangings 5:06pm- principles right in front of me

Headed to Eagle Landing 5:06pm

Realized it was way better to gamify the thumbnail work than play overwatch 5:06pm

Realized I either create thumbnails for a day and record videos for another day lol 5:07pm

Arrived at Eagle landing 5:15pm

Learned stress is generalized

Found a epic Discord server of casual, conversational creators on Muaaz Twitter (link here)

Fulfilled a sense of belonging and connection in the online space with the Muaaz Discord community (link [here](#))

Flag football screamed yelled learned the game 6-7pm

Had an overtime meeting from 7pm to 8pm

**Learned stress is general and not specific to any stimulus 9:14pm**

**Learned the best tools for are ones that affect the autonomic nervous system 9:20pm**

Blacked out information I didn't want to be shared in the log 10:58pm

Finished Playing Roblox with Autumn and headed to the gym 10:59

Listened to Andrew Huberman podcast over stress and anxiety 10:59pm at gym

Learned I'm the director and observer of my life 10:59pm

Saw flag football people at the gym 10:59pm

Took a break but held onto the bar whenever I felt I wanted to quit 11:01pm

Felt the blood rushed in my body as fingers tapped on the phone keyboard faster 11:02pm

Learned to inhale longer than I exhale to have my heart beat faster 11:05pm

**Learned to do the double inhale and long exhale technique whenever I'm stressed**

Huberman- time stamp- 32:37 11:11pm

Learned to use another handle for lat pulldown machine 11:13pm

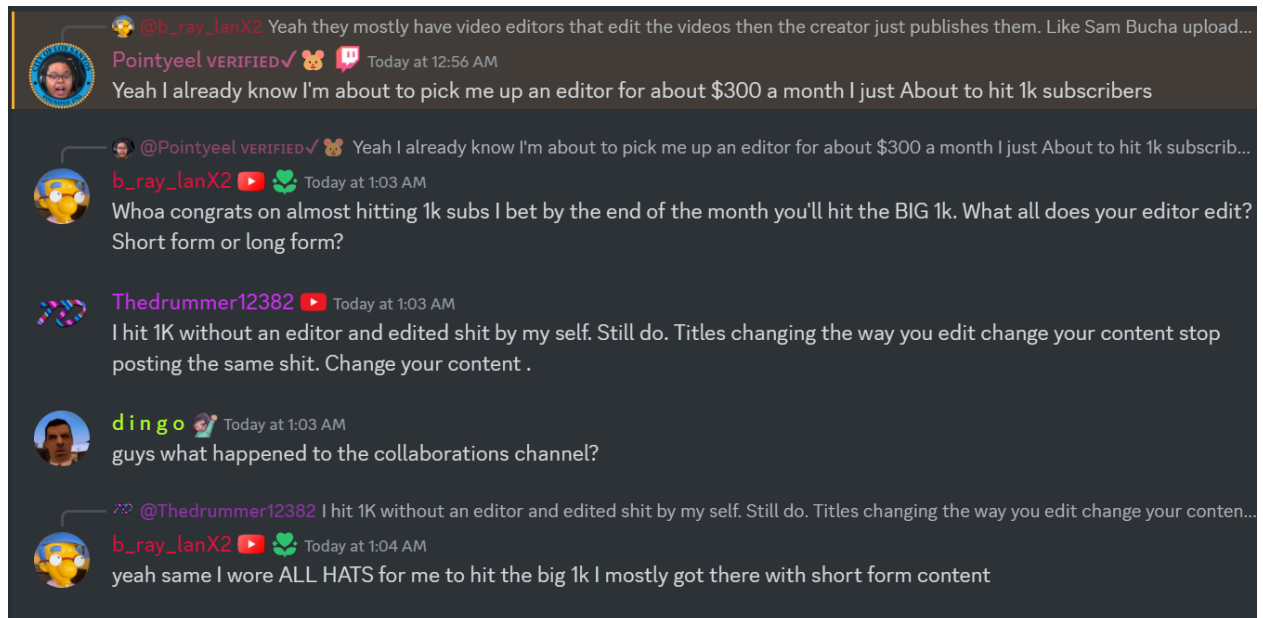


Learned I don't want my heart to reduce its beating pace time stamp 35:20- Huberman video 11:16pm



Finished gym and returned home 12:58am

Tried Making Roblox Thumbnails 12:58am



**Been active with the casual Discord server the Muaaz server. 1:07am**

**Felt comfortable talking with the fellow creators in the Muaaz server 1:07am**

**Reorganized the Discord Channels from most important to least 1:12am**

Started making a Roblox Gaming Thumbnail

Went to bed around 2:58am

**WD**

Quit the Andrew Huberman video for a *toolkit video* on stress and anxiety

PC Wifi lagged its ass off and I ended stream early

"I Made A Cardboard House" video thumbnail needs to be made first before the thumbnail  
3:53pm

Hard at hear w [REDACTED] 9:36pm

This Thumbnail doesn't stand out

Mateo sent me a message saying to quiet down around 2:28pm



Tried to please Autumn with “music”- sold should’ve just played the Huberman lab podcast

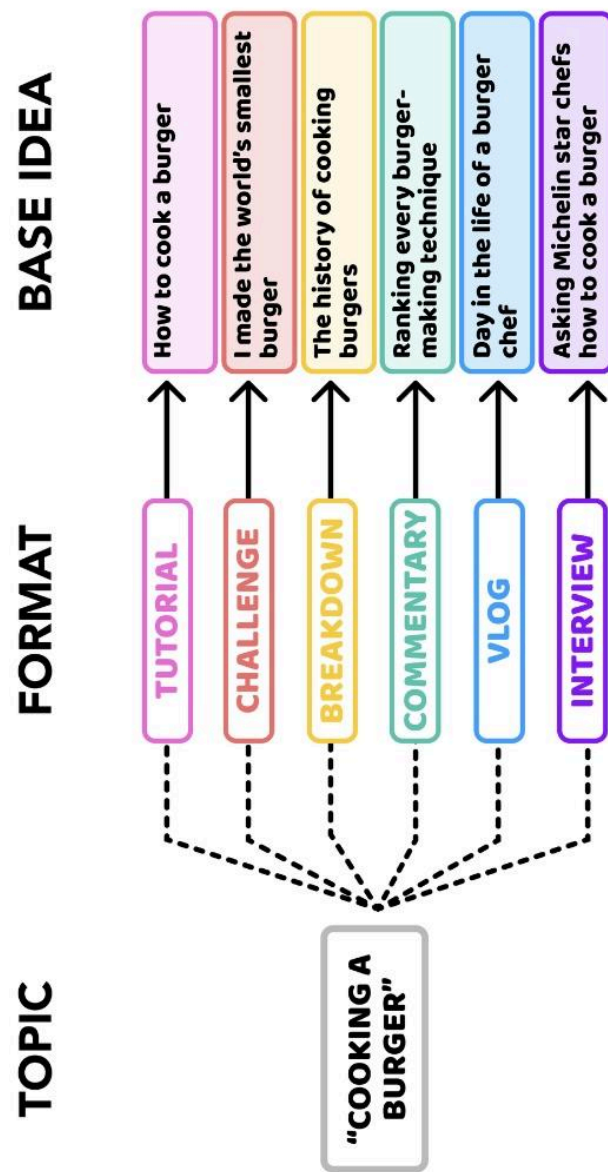
**WM**

Make an info product

Show up to make that short

**Tell more 5-second stories from now on**

**Make a template of TOPIC-FORMAT-IDEA**



Found the voice chat server for Muaaz 9:52pm

Roblox thumbnails more

Make a I Tried To Climb MT Everest YouTube video 10:37pm

Start taking pictures of Eagle Landing food and put them here 11:13pm



**Plan: Short**

Make the terrible youtube short

Study Andrew Huberman

Livestream

Read Hajime No Ippo 9:36pm

Tell Eunice that the third roommate is at a friend's apartment instead of the dorm and isn't answering any of my team's messages and wouldn't reply when I told Preethi to tell her roommate to do so. 1:21am

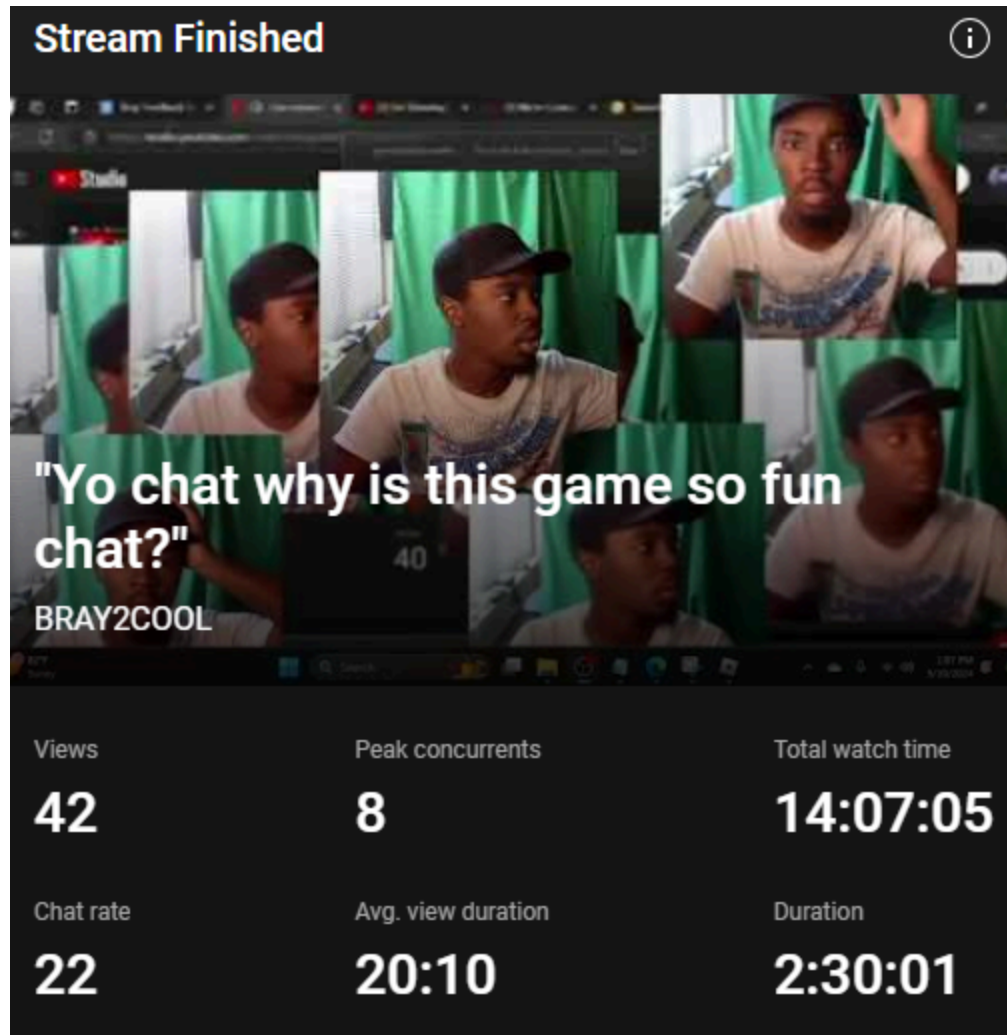
9/10/2024

**WW**

Found this 22 hour long 0\$ to a millionaire course by Charlie Morgan (link [here](#))

Applied for a job as an appointment setter 1:18pm

Got 14 hours of WatchTime plus two new subscribers



Learned if I want to take a break take no longer than a week 1:19pm

Learned to have fun at the end of the day 1:20pm from this twitter video (link [here](#))  
for sketchy job with agonda.com

**Added goofy ah sound effects at the start of stream and cranked up the volume 1:29pm**

Talked for like 2 minutes with Eunice about the room 305 conflict 1:31pm

Visited Eagle landing 2:03pm

Worked on a Roblox obby game 2:57pm

Walked

Went out to take video thumbnails on top of highland parking garage 10:12pm

**Learned punishment walking around 24 hours in heels 10:14pm**

Walked around campus with video equipment 10:46pm



Held onto bar when wanting to fail on 32.5lbs at gym 11:37pm

Learned the director bray and observer bray 11:38pm

Found this audiobook on how to prosper with money (link [here](#))

Learned that money is not the root of all evil 11:44pm-

Had my beliefs about money destroyed 11:45pm video time stamp 9:06

Learned there is no evil in me. Just an expression of me- 11:47pm Video time stamp-10:37

**Learned a bit can misdirect himself with wanting to go college but seeing money as a barrier is a mistake against himself, God, and the universe 11:50pm- video stamp: 11:06**

Did bench dip in 11:50pm

Remembered to focus after getting hit from seeing one of my residents get hit in the ankle  
12:03am

Spent the evening as a way to chill 12:13am

Listened to seasons because I was tired 12:13am

Returned to Andrew Huberman podcast 12:48pm

**Learned you can raise stress threshold after a stressful situation; stress can also go down 59:17- video time stamp**

**Learned by deliberating dilating my gaze; from tunnel vision to broader panamoric vision creates a calming circuit in the mind which is good for destress or focus 12:50am- video time stamp 1:00:37**

**Learned the mind can relax while the body is in full output- try this with the gym 12:53am**

**Learned 90 minutes is one Ultradian Cycle**

**Learned Ultradian Cycles are 90 minutes of rest then workout**

**Tested to see how long my ultradian cycle lasts.**

**Learned Ultradian cycle is depleting around 1:10: after a timer was set for 1:30:40**

**Learned I don't get physically tired from being stressed 2:02AM**

**Learned adrenal burnout is not real 2:04am 1:20:28-Huberman time stamp+8**

Learned video topic- what is MrBeast type

**WD**

Overslpet woke up at 10:45am

Finished building building a Roblox game 6:16pm

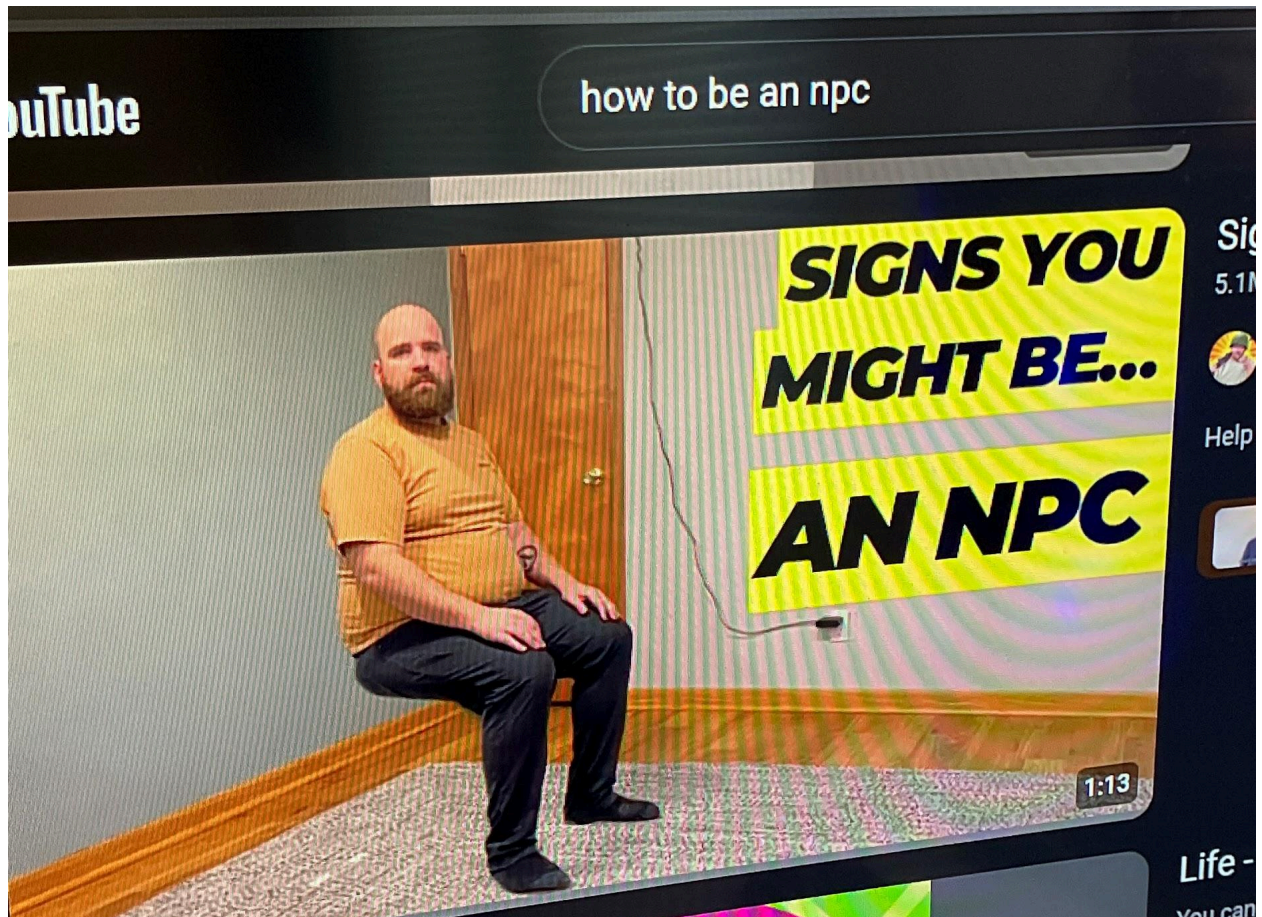
Missed a log from 2pm-5pm but I was inside building the Roblox game

Thumbnail got taken down speed not having a shirt

Killed the weight to 5pbs

Lost purpose layer 12:02am





Copied this YouTube picture as inspiration 6:18pm

Went to bed at 2:16am

Judgement beliefs about posting on X got to nene

**WM**

Try adding Custom Faces in Roblox For Roblox Thumbnails because this is ass

**Plan:**

**Span class**

**Stream**

**Mediation around 2**

**International film class 3pm-5pm**

**Community circle at 7**

**Football game at 7:30pm**

**Grant is on call**

**9/11/2024**

**WW**

Said I already got up from bed and did 8:05am

Went for a walk 8:05am

Said hello to Barbara and Yinsie while on walk 8:06am

**Walked from Santa Fe to Traditions parking lot 8:06pm**

Made my first info product on Stripe 8:32am

Roblox on by game is now playable 8:32am

For game video show a transformation thumbnail of a blank Bobby to the final obby 8:55am

**Learned to use the Aprilynne format for Roblox game development and YouTube videos**

**Learned everything**

Synced Anki flashcards to AnkiSync 1:24pm

Hire future Roblox game developers

Watch Ultradian cycle 1:24pm

**Returned home and watch a Andrew Huberman video [REDACTED] pulled up**

Learned rewarding myself for completing a goal like chick fil A or something would diminish the motivation and potency of the goal over time 2:00pm 1:10:15

Learned to use Random Intermittent Rewards where I reward myself randomly for completing a goal 2:01pm time stamp- Huberman 1:11:23 2:01pm

Texted Resident Becky about rescheduling a good time for mediation 2:08pm

**Learned to Use Random Intermittent fasting like they do in casinos as a reward for completing a goal again**

**Learn when I can flip a coin whenever I wanted to reward myself: Heads; reward for myself- Tails; don't reward myself 2:18pm**

**Learned to use a online coin flipper in case I didn't have one to be the deciding factor in Bray having a reward 2:22pm**

**Learned to set another goal as I achieve goal 1 timestamp 2:24pm- video time stamp: 1:15:59**

**Learned people tend to have more motivation at the start of a goal as well at the end of the goal. People tend to have difficulty in the middle of the goal. video time stamp: 1:17:50 time 2:27pm**

**Learned how to achieve the "middle problem" Protocol: Acknowledge the end of the middle. 1: 16:59 video stamp time stamp 2:29pm**

**Learned to overcome the middle-bout is to acknowledge the middle bout and make it its own separate problem make the middlebout/problem its own separate thing, and into 3 separate bouts or issues to overcome- video time stamp 1:19:01 time 2:23pm**

Learned Andrew Huberman is still a human 4:50pm

Completed my international film class quiz with phone in hand 4:51pm

Worked on film essay and crossed 600 words explaining technique

Learned to gamify IRL videos

Made a transformative thumbnail Topic: How to cover a HUGE Forehead 1:04am

**WD**

**Wasted time at chick fil A with my meal 10:11am**

**Reached out to Becky 10:12am**

**Eagle landing closed early asf**

**Let my balance and money be an obstacle in getting food for [REDACTED] when they were sick**

**On Stripe you have to include a credit card so for free stuff just make the link accessible on a google doc 3:29pm'**

**Forgot to get started on my international film history class 3:36pm**

**Got a thumbnail done 11am**

**Got told by Mateo i was being a little too loud at 1:42am**

**Realized "we just friends though" 1:57am**

**WM**

**Use the Aprilynne format for Roblox game development 9:07am**

**Sync up AnkiWeb**

**Hire a Roblox team for more Roblox game development at scale 9:37am**

**Use youtube shorts as traffic 9:37am**

**Turn Bray2cool into a game development Roblox channel? 9:37am**

**Direct Ultradian cycle energy 9:43am**

**Embrace more of the biologia side 9:43am**

**Develop an areas of life pie chart like the priorities chart and cross off daily what areas of life I neee to work on: personal, school, friends, etc**

**Recreate the thumbnail in video so I kinda want to redo the forehead video 1:56am**

**Plan:**



Study spanish body quiz

Fill in the blank story quiz; imperfecto or preterito

MRTS Class,

9/12/2024

WW

Did dream interpretation 8:20am

Saw a tweet saying "you're here (money twitter) your ahead of your peers" from Audrey Lo  
8:40am

Got ready for class 8:50

Arrived one time door quiz 9am

Learned sound is pretty overlooked in video 10:20am

Developed a script for script audio project:

Took notes for MRTS class

Resident Jacqueline reached out for move out

Realized I make \$400/month

Realized I have a *lot* of resources to tap into. Notes, information, knowledge, action 10:25am

Reached out to Preethi and Jacqueline about work related move out and Preethi's roommate conflict

**Watched a Andrew Huberman video on understanding and conquering depression  
11:37pm (link [here](#))**

Learned that dopamine

Clicked a Sam Ovens video and learned: **i learned about product market fit from sam ovens and he said the reason 99% of businesses fail is because they don't answer a specific question or problem within the community of the market. I know I can scour Reddit threads and look for questions and I can even post a thread in reddit and ask them questions lol but what are some other ways to look for problems to address and use my business as a middle man to earn money?** 3:28pm (link here)

**Had a cool work flow: Watched the Sam Ovens why businesses fail video and searched Reddit question groups on what questions they were asking and answered the questions Sam Bucha style 4:30pm**

**Resisted eating over not doing work**

Learned I can download Roblox on the school front desk 8:25pm

Made a Guts Berserk thumbnail 8:25pm

## Before



## After



Used the Random Reward Principle to order a pizza-Dominos Meat lovers -\$24

**WD**

Woke up late went to sleep late

Checked time and left dorm 8:56am -class at 9am

Knocked on Preethi and Becky's door around 12:26pm for mediation meet up- no response

Worked on a Berserk Roblox game 2:50pm and forgot to log

Listened to Andrew Huberman podcast, but clicked off 9:01pm

#### Warning

Our content monitors have determined that your behavior at Roblox has been in violation of our Terms of Use.

#### Reviewed

Thursday, September 12, 2024 9:05 PM

#### Moderator Note

Roblox does not permit discriminatory language, behavior, or content of any kind.

#### Reason

Discriminatory Content

#### Offensive Item

Asset Name:Kentarou Miura Tribute\_Image Asset  
ID:135152752779198

Please abide by the Roblox Community Guidelines so that Roblox can be fun for users of all ages.

You may re-activate your account by agreeing to our,

[Roblox Community Guidelines](#)

☐ I Agree

Re-activate My Account

Log Out

Got a Roblox flag 9:19pm

Almost got too comfortable eating Domino's pizza but used metaconscious technique 10:01pm

Liability added

How I do one thing is how I do everything 11:55pm

Learned it's okay to not be up for everything 12:25am

WM

Plan:

Span Quiz Review Early en la mañana

Exercise at McKenna park

9/13/2024

**WW**

Asked [REDACTED] if I she give me access to the On-Call schedule (have not gotten a response an hour later)

Confidently completed a Spanish quiz after bullshitting my way through it 10am

Texted [REDACTED] 9:59am

Texted [REDACTED] to ask about their mediation availability 10am

Arrived back to dorm to livestream 10:00

Created a LinkedIn account on my phone and plan to use it like Twitter

Swiped and copied a LinkedIn template from Vanessa



Beatrice Angelique Orosa

strong passion for understanding the human mind and behavior, I thrive in both academic and practical settings. My interest in brain science seamlessly blends with my enthusiasm for the business world, creating a unique perspective that I bring to every project.

In addition to my studies, I manage a personal TikTok account with over 200,000 followers. This experience has honed my skills in social media analytics, content creation, and audience engagement across multiple platforms. Analyzing trends and understanding what resonates with diverse audiences is something I excel at, and I continually seek new ways to apply these insights.

I'm passionate about working with people, whether it's exploring the intricacies of the brain or driving business success. I'm always eager to learn, grow, and make meaningful contributions in any environment.



### Top skills

Communication • Social Media



• Customer Service •



Home



My Network



Post



Notifications



Jobs

Watched a kurgezt video

Wnt to Eagle and back

Watched 15 years of YouTube in 40 Minutes Video (link [here](#))

Learned the most valuable skill on YouTube is storytelling

Learned to add a twist because when there's a twist in storytelling the human brain lights up in an area called the Broker's area

3:21pm- video time stamp 6:45pm

Learned **Twist** categories for YouTube and YouTube hooks: Pride related, [REDACTED]-related,

Watched a Torjim soft box video

Went to return headbands to UPS store

Listened to some Sam Ovens 6pm

[REDACTED]

Got my cashapp to work with Atiq

Got a sales remote job tomorrow 12:28am

[REDACTED]

Cancelled a mediation between Preethi and Beck Kamara as Becky did not respond.

Posted on LinkedIn 12:29amam

Found a document on [Rage Bait](#) (link [here](#)) 12:47am

**WD**

Recent short got around 18 views after 2 hours

Realized I Reached out to [REDACTED] but didn't tell a story in the text

Pizza does not work as a reward 6:36pm

WM

[REDACTED]

Save time by using money 6pm

Learn what's easier said than done 6:37pm

Plan:

Post on LinkedIn

9/14/2024

WW

Walked outside in hat, glasses, sleep shirt 8:56am

Remembered to decrease friction to take a walk 8:56am



Dad sent \$120 in money

Bray2cool subs waited for livestream 8:57am

Learned to live with a open mind over guarded heart 9am

Livestreamed from 9:25am to 1:06pm

**Livestream notes: Hook, Content with viewers, break, return, end**

Called Dad about eye exam and went with Autumn and Bryce and ate at the Catch

Went o bed around 12:30am

Texted Dad and Autumn gratitude that they showed up 12:30am

████████████████████

WD

Bed smells like ██████

Naruto “Hey Kids OP” played in subconscious 9am

**WM**

Straight action with the YouTube niches strategy

WW

Watched a Dan Koe video 1:43pm

Learned to join the niche I’m already apart of

Learned problem->amplify-> solution (dream life is solution) Dan Koe- video 33:07pm

Found this video on how to download Roblox games (link [here](#))

Edited and created 3 thumbnails for future videos and found out how to add blood on character's faces 7:48pm

Spent the Sunday night playing overwatch

Learned to recognize my attention 7:46pm

Played Competitive Overwatch and used the **New Thing** principle in the middle of a goal-source Andrew Huberman goal setting video- 1:19:01 8:04pm

WW

Live-streamed for 5 hours 10:15 to 3pm

Got 29 hours of watch time 8:54

Learned I can make looping tragedies of plane or car crashes and have them as short livestreams that earn 1.2 million views 8:54pm- middle bout is setting up the cinematic for the livestream and game 8:55pm

Cold calling onboarding call set for Wednesday at 1pm

Posted on X about taking notes under YouTube comments and copy pasting into external document 10:45pm

Learned attack on titan was inspired by a computer game where aliens eat humans and take over the world. 10:47pm

Aliens get nutrition from eating other sources of nutrition 10:47pm

WD

8:47pm Sat at the table with Nigerian friends talking about girls and shit

Didn't log and fill out daily planner assessment 9:51pm

Tried to do Grant's workout schedule but it didn't work for me 10:12pm

**WM**

**Plan:**

Listen to Andrew Huberman sleep podcast 10:36pm

Livestream

Film homework

Story transformation practice 10:37pm

Record one hook practice 10:37pm

Post on social media accounts 5x

Make notes in the YouTube comments and copy and paste it into doc with timestamps and relevant info 10:41pm

9/17/2024

WW

Went to bed early around 10pm

Woke up around 6:55am

Took a walk in bougie clothes 7:07am

Documented in online day planner 7:07am

Realized the gym isn't one of my priorities but is a distraction 7:07am

Hopped back in bed 7:14 from walking outside 7:14am

Around 1:30 ended stream

Logged intentional conversations for RA job 1:45

Headed for Eagle around 2:08pm

Arrived Eagle landing 2:25pm

Watched and learned about a hair growth video from Huberman podcast (link [here](#))

**Learned my mother's father gene is not correlated to balding 2:20pm- timestamp 4:00**

Learned stress is related to thinning hair 2:25pm

Learned hair becomes erect when cold to bring in outside air and trap the air in its root 2:40pm  
23:05 time stamp

Returned from Eagle's Landing 2:56

Learned the the yoink and twist technique from this tweet 2:57 (link [here](#))

Returned to hair growth Andrew Huber man video 2:59pm

Confidently used the YouTube comments and Twitter to type my feedback toolkit notes 3pm

Subconsciously transformed the way I type here in the notes app 3:00om

Responded to Bray2cool livestream comments 3:04pm

Reviewed and studied for film class exam tomorrow 3:05pm

Learned the types of outputs I want to see: Twitter posts/replies and YouTube shorts and videos  
4:03pm

Left to return Amazon lights to UPS store 4:24pm

Arrived at UPS store 4:38pm

Returned from UPS store 4:44pm

Listened to psycho-cybernetics 5:29pm

WD-Played Overwatch while psycho cybernetics 5:30pm

Learned once difficult-now easy is a good story technique 5:37

Learned willpower is not the answer-self image management is 5:39pm video time stamp 10:30

Realized if I'm a Roblox YouTuber I can change that to I'm a [X] YouTuber 5:46pm time stamp 16:11

Ordered cordless vacuum 6:13pm \$32

Learned automatic success system mechanism like picking up a pencil without consciously saying the muscle names that are assisting in helping pick up the pencil 1:12:56 6:53pm

Learned I already owned the process using the autonomic nervous system 6:54pm

Learned I use labels for other parties like Party Sarah or Serious Sarah 6:54pm

Learned the autonomic success system is to supply the end while you supply the means 7:14 1:31:24

Learned to act as if it was there- do the thing then you have power 7:15pm 1:31:20

Went out to hang door decs on residents walls 7:19pm

Learned about the theatre of the mind 7:40pm 1:57:22

Learned to use imagination to virtually practice my goals and success to make it easier to get an outside goal done 1:53:22 7:41pm

Discovered to know the truth about my self and that the goal of psycho cybernetics is not to create a fictitious, arrogant sense of self, but one that is true to my core 8:12pm time stamp 2:19:14

Learned to do an exercise where I live out my true ideal sense of self for 30 minutes every single day using my imagination time stamp 2:26:37- 8:21pm- do this exercise in the morning

Learned it doesn't matter where I got the idea or where it came from but if I accepted the idea for myself and am firmly convinced that idea is true then idea is clearly true to me whether it's imagined or not 2:31:09 8:28pm

WD

WM

Print out "Inside Problems require inside solutions"

Bruce kerr jobs art victory

9/18/2024

**WW**

Tried imaging my day in but kept dozing off

Woke up 2am then 7am

Resisted opening my phone 2am to 7pm

Unlocked Claymore Theresa Bray

**WD**

On call as a distraction 7:01pm

Got indecisive for my decision 7:13pm

**WM**

Open Credit Card:

**9/19/2024**

**WW**

Used reservation Bray to reserve an audio room for 12pm

Stayed in audio lab to edit a audio track 11:38

Did follow train and got around 4 new followers on TikTok 11:38

Posted on X my LinkedIn progress 9:34pm (link [here](#))

Found an aged YouTube channel marketplace (link [here](#))



5 followers

5 Posts

Ignore past failures and 3:09:16 10:49pm

Ignore past failures and 3:09:16

Backwards goal setting learned 3:15:34 in Psycho Cybernetics

Identified a Made up story about Jeff that's relatvant to the book 3:17:11

Learned to evaluate and identify my beliefs 3:19:18

Learned to ask to base this belief on fact or assumption 3:19:25

Learned questions to ask

1. Is there any rational reason for this belief

2. Could it be that I'm mistaken in this belief?

3. Would I come to a similar solution if someone held this belief?

4. Why should I continue to act and feel if this were true? If there's no good reason to believe it

-----



^ Make a destroying beliefs guide

Learned there is also an automatic failure detection system

Learned to decide what I want & learn to NOT decide what I don't want

Learned to apply present rational thought to challenge beliefs and use my imagination to shop around

Learned to use my imagination 10:30pm to 11:43pm

Learned to make stress work for me 11:48pm time stamp: 3:37:08

**Learned we're all creative workers-teachers, professors, desk clerks, RA's, janitors  
12:08am time stamp 3:44:27**

Dr. JB Ryan of Duke university said "what we call *genius is a process*" a natural way in which the mind solves problems s

**WD**

My impression of [REDACTED] is dwindled in MRTS class 9:56am

**WM**

**Metrics:** Accounts liked as of 11:48pm

43 11:49pm +169 11:52pm 2 followers conversed

152 accounts liked 11:58pm

Use the imagination technique and practice in detail 2:56:28 timestamp 7:24pm

10 conversed into followers out of 364

9/20/2024

**WW**

Went to bed at 1am

Read the forbidden berserk chapter 1:30am

Learned a lot of anxiety is escaping mentally what I committed to physically 3:51:35

Headed to Eagle Landing after streaming 1:54pm

[REDACTED]

Realized autonomic failure/success system

Walked to RA meeting (3-5pm)

Bray Added to TGI Snipers 3:15pm

Call scheduled again- salesman bray here 3:16pm

Added to TGI Snipers telegram group chat

Plan for salesman: 2 hours reserved for sales call 3:31pm

Got bored at meeting 4:03pm

Trained my attention to self

The big variable channel plan:

Berserk channel, Overwatch channel, of channel, information arbitrage channel, celebrity gossip channel

4:15pm

Remembered anxiety is caused by trying to mentally escape something I'm physically committed to 4:17pm

Improve on being selfless: examples include: giving valuable information away for free. New experiences (in person), lots of information (online)

Look at Claude AI

WD

Got a lil cranky from not getting good sleep from the night before 2:52pm

Walked behind my staff on the way to All Hall meeting 2:52

**WM**

Improve autonomic success system 4:11pm

9/21/2024

WW

Sat at UNT football Game with family at 6:06pm

9/21/2024

WW

Livestreamed from 10:29 to 3:20

**Psycho cybernetics book: Learned to tell it WHAT to do instead of HOW to do it time stamp 4:07:11- time 10:14pm**

WD

Realized I didn't want to go to a football by myself

Realized I need to use football bray

**WM**

Things to spend money on:

YouTube, TikTok accounts, human services(editors, barbers)

9/22/2024

WW

Learned the internet is a way I can implant my voice into people's heads 9:42am

Checked out Berserk vol 4book

Learned to leave the car door lock alone 9:45am time stamp 4:09:19

Learned I can't acquire the habit of happiness 9:46am

4:09:30

Recommended Bermy single on unhappiness.

Learned disease is literally being unhappy learned happiness is the best medicine 4:11:50

Learned happiness is not earned or deserved but virtue itself

Learned to be happy in the present rather than in the far off future- "I'll be happy now because why not"

**Used the YouTube comments copy and paste text here principle-saves so much time**

Watched a Michelle Khare video on I Tried Hostage Negotiation 10:56 and competitive Overwatch 10:57am- value- diffuse intense emotion 10:57am

Learned the greatest emotional investment is falling in love

Learned falling in love resembles a good story 3:44 11:58am

Learned I need to induce the "Angel's cocktail" into my audiences-dopamine

Timestamp 5:49 time 12:03pm

Link: [The magical science of storytelling | David JP Phillips | TEDxStockholm](#)

Studied the history of Flamingo a Roblox YouTuber 12:27pm link here:

▶ the entire history of Flamingo, i guess

Took the on call phone 1:09pm

Headed HEB for raspberry lemonade 1:08pm

Used understanding Bray 1:09pm

Used Roblox Bray 1:10 to study Flamingo/Albertsstuff 1:10pm

Clarified what I did and didn't want from Flamingo's style: liked storytelling and authenticity didn't like loud devil's cocktail storytelling to emphasize points 1:11pm

Watched Andrew Huberman video on burning fat link here:

<https://youtu.be/GqPGXG5TIZw?si=UpKTPYPdzD7rK52H>

Learned my cravings come from my body needing amino acids and essential fatty acids 16:43  
times a day stamp 3:10pm

**Napped 3:30pm till Grandma called**

**Eagle landing 8:44till**

**Realize I need to develop my own quote. I want a kingdom like Griffith. 8:45 PM.**

**Realized I can adopt the I want my own kingdom like Griffith, but making my own 8:46 PM**

**Entering my medical**

**WD**

**Use overwatch as a distraction from goals and success autonomic nervous system cut out, so I can get two minutes 8:47 PM**

**Mario leave my phone at the table and then go on the way here**

**Got mushrooms at Eagle Landing to satisfy amino acid. Spray 8:47 PM.**

**Got too much rice 8:42 PM**

**Chickpeas weren't hitting**

**WM more mushrooms at Eagle Landing, 8:48 PM**

**Bed 12am**

9/23/2024

WW

Berserk read

Span class

Plank after Spanish class boxing game on Roblox

Headed to McKenna park 1:30pm

Psycho cybernetics learned I'm responsible for my own happiness 4:29:52 1:52

Found How To Win Friends and Influence People Book at Willis Library 2:52pm

Learned habit meant clothing

Learned habits are like wearing clothes you can pick and choose 4:53 4:41:33

Learned addictions are different from habits

Learned a good personality is one that enables you to deal efficiently and appropriately with environment and reality and to gain satisfaction with the goals that are important to me

4:43:45

**WD**

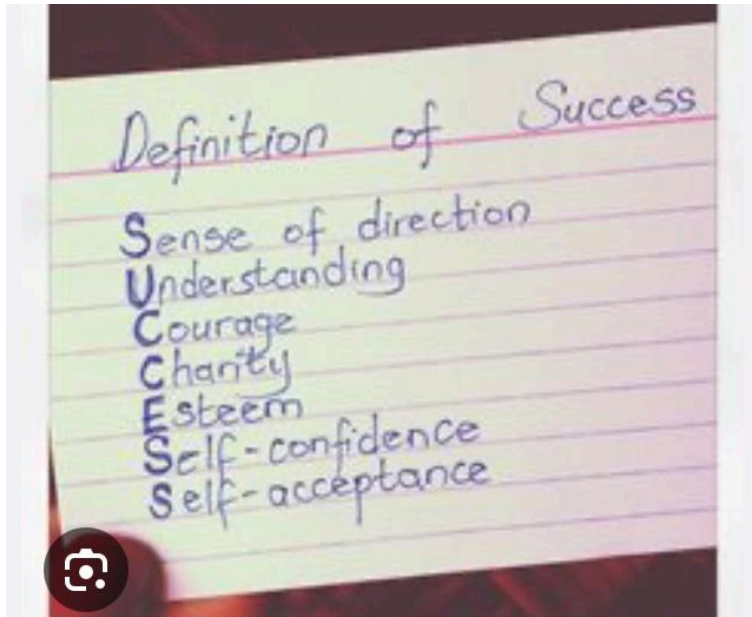
Got hungry 2:52pm- Eagle closed

Asked [REDACTED] if he had one life changing; world changing goal- [REDACTED] said no 6:59pm

Remembered the how I caught my grandpa video 8:41Pm

Realized courage is also needed for success from psycho cybernetics 8:42pm (Visualization listed below





Plugged this picture of success visualized from psycho cybernetics 7:21pm 9/24/2024

Went to family dollar then Eagle Landing then p

Finished watching **when they see us** with [REDACTED] 11:43pm

**WD**

Didn't like the way my coworkers didn't give constructive feedback to flag football players  
7:36pm

Didn't

**WM**

Ask [REDACTED] her goals

^Likewise ask other friends about their goals 5:13pm. Why? Because purpose breeds happiness and happiness is a choice

My big goal: push the word of psycho cybernetics to the public 7:03pm

**9/24/2024**

**WW**

**Live-streamed from 9:30 till 1:22pm**

Learned having a low opinion of myself is more a vice than a virtue 5:03:33 time 1:41pm

Learned to tell the voice that tries to bring my self image down to go back to his hiding hole  
5:05:33 1:42pm

Laid in bed and listened to psycho cybernetics audiobook

Training link:

<https://jamesrodgerr.notion.site/The-Grow-Label-Hub-d2b38fd5fce44f9c8bafcb1fd924e9>

**Sales call from 2pm to 2:34pm (recording in PC)**

**Training notes:**

**Virtual meeting with the TGL Snipers (sales group**

**Cold calling**

**Lead list is also in place; be confident with the dial/ dialer for dialer**

**Have CRMs**

**Goal for me is to get that initial discovery call**

**Goal: Get past the gatekeeper**

**Phone number, email, and send them a calendar link manually**

**Returned home, showered read training**

**Listened to classical music Black people on Spotify (link here) 3:05pm**

**Park workout 3:30pm**

**Arrived at family dollar-staple & pens 3:32pm**

**Valuable information on cold calling 4:11pm (link [here](#))**

**Learned “esteem” means to literally “appreciate the beauty of [X]” 5:07:19 4:59pm**

**Learned to appreciate other people MORE- dealing with unique and individual people and to watch for my own self esteem 5:03pm 5:08:34**

**Learned confidence is built on a series of success**

**Remember people don't care what I do and they care what I can do for them**

**Played Overwatch and brain-numbing YouTube video 6:09pm**

**Learned to get stronger I had to identify I am weak 5:16:16 6:12pm**

**Learned self is imperfect and never finite but always in a state of growth 5:17:32 6:51pm**

**Reached 60% out 6:51pm**

**Learned many women reject themselves because they do not conform to the outside standards like body size and type 5:19:29 6:55pm**

Learned the self is incomplete and in a constant state of growth (this is good!) 6:57pm

Made a success visualization graph 7:19pm



SOURCED FROM PSYCHO CYBERNETICS BOOK

headed to McKenna Park to work out after printing above paper 7:25 PM

Used the courage factor for success and did upside down hang up shit on bar 7:37pm

(Link [here](#) for music

Staff meeting said two hours early 9:16pm

Meeting ended 9:36pm

Showered and headed to meet up w [REDACTED] and [REDACTED] 9:41pm

Guts and Casca breakdown listed below (Guts & Casca outside)

9pm to 10pm hung out with [REDACTED] in Bray Cave

Takeaways: 9pm to 12:20am

WW

Got a lil too excited

“Help me up principle” made for better bonding

Sung our hearts out

Read Berserk after not knowing what to do

**WD**

**Felt like cognitive dissonance in her shoes**

**Closed body language**

**WM**

**More Berserk reading when nothing to do**

**More opportunities for just chilling**

**Berserk related note: 11:54pm**

**Gut's purpose is swinging his sword to see his "sparks" Vol 4**

**Guts wants Casca to tag along on his own mission, but he doesn't know if Casca will get in the way or not yet.**

**The next segment of Berserk has started : from Knights to Monsters, to Fantasia: Started around when foresters caught sight of something like a giant headed serpent headed monster 12:20am**

**Bed 12:40pm**

**Realized my autonomic goal directed system is really high (I pick something and I want to do it) 12:54am**

**What can I do for you goals:**

**I Can Tell You How To [X]**

**I Can Show You How To [X]**

### **I Can Keep You Company**

(^pasted 12:56am- read Berserk digitally)

### **How to Take Down (X individual) List-**

██████: Patience and accept she's an authority figure

██████: accept she's a sweetheart at best and wants to have fun; great friend as well (great for hanging out at night)

Known issues: hearing & understanding I cannot hear-

Hypothesis: getting close will help hear better (figure out boundaries)

██████: His goals are not the same as mine.

Issues: He complains a lot about circumstances outside of his control

Needs: needs to learn to stop talking about anything and everything

Solution: distance, remove the mask you paced on him

**WD**

**Anxiety over crowded McKenna park lol 7:32pm**

**WM**

Thought about releasing my feedback toolkit to the public some day 7:23pm

Headed home to log the outputs today 7:23pm

**9/25/2024 Purpose:**

**WW**

Woke 4am then 8am

Read Sales training and understood what to handle objections on: "We already work with [X]" - acknowledge and set yourself apart of the rest.

Span class 9-9:50

Livestream 10:12am to 12:45pm

Eagle landing went and ate at Kitchen West; had ribs 12:55 to 1:28

Listened to how to reduce appetite while at west.

Finished sales training and hopped in bed 1:31pm

**Plan: do span hw in film class**

3:11pm arrived to film class

Put on a mask to "mouth breathe" so my nose could run

Learned about brutalism as a modern art in film class 3:16pm

Learned impressionism started in France, and I think this is bullshit

Learned the adversity quotient is how people perceive challenge 5:21:49 8:48pm

Opened up with [REDACTED] about my purpose problem 10:02pm

Got a pretty cool "You will find a way forward" talk like Griffith

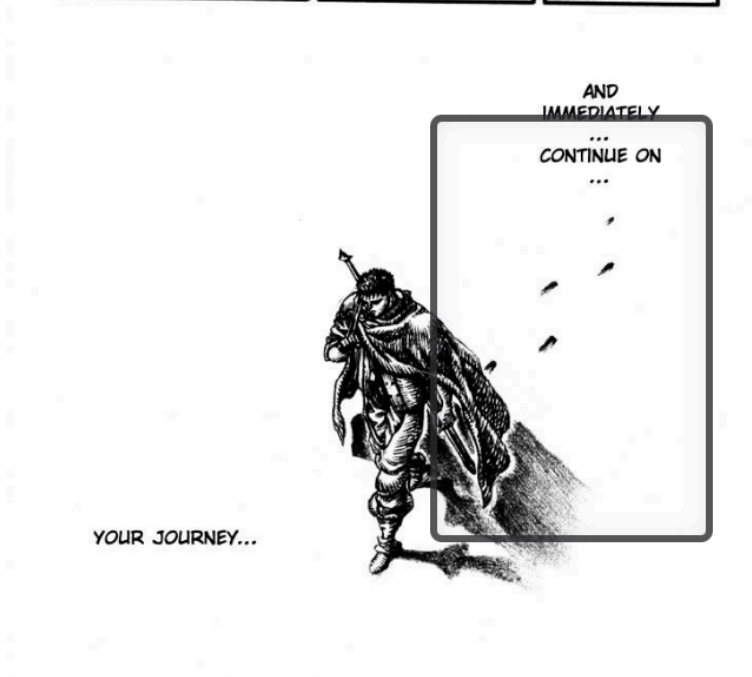
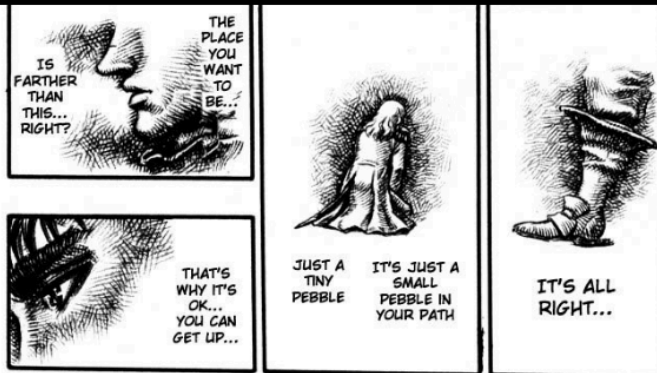


**Realized my boiling point 10:03pm**

**Went around the McKenna park way and back after the talk 10:05pm**

**Read Morning departure which is similar to what I'm going through 10:55pm**





[旅立ちの朝(3) おわり]



New priorities: 11:22pm

Bray Wellbeing

**WD**

**WM**

Say no more

Use the 2023 summer orientation leader Bray and don't hang out with the [REDACTED] here as an  
RA 10:45pm



**9/26/2024**

**WW**

Slept pretty good and early 10pm woke 2am

Listened to this Twitter space 7:30am from Lionglass in telegram group chat (link [here](#))

Learned appointment booking is a great entry way to get into sales 7:33pm

Learned b2b is the new meta purpose?

Learned to track down key decision-makers 7:37am

Learned I'm gonna have to ring someone an average of 8.4 times to get a hold of one person 7:40am

Learned I need a pipeline; direct line; best time to call a person; put call back date 7:43am

## Sales funnel vs. sales pipeline



Learned now it takes 8.4 times to go through because people are in businesses 7:48am

Learned is the gate keeper trying to put me through or do I have a problem with the gatekeeper  
7:49pm- if problem with gatekeeper then review cold calling training in notion 7:49am

Meetings start by the hour 8:00 9:00 learned when are my directors free and their usually free  
15 minutes before and after by the hour 7:53am

Headed to McKenna Park 7:53

Need to reduce the amount of people I need to contact for prospecting 7:53am

3types of receptionists:

Level 1 switch operator: person who will put you through

Level 2: Receptionist

“Don’t let so and so through. Don’t let sales people through. Here’s access to my diary”

Level 3: gatekeepers

Always make sure I have the name of the person I’m ringing- I know now I can find the person  
(decision maker) on LinkedIn 8:21am- don’t ask the gatekeeper lol 8:22am

Returned from McKenna park 8:20am showered

Showered 8:22am-8:33am

Learned if I call another SDR (Sales Department Representative) chances are they haven’t  
been trained and will use the switch operator principle 8:33am

Learned to speak with conviction whenever on the phone with prospect 31:56(link above)  
8:47am

Headed to film class 8:47am

Learned J R’s sales training consists on the lion glass’ X space 8:50am

Learned audio mixer tutorial: (link [here](#))

Listened to psycho cybernetics 5:32:19 (link [here](#))

Learned AFM are symptoms to correct "course" 1:00pm

Learned the letters of Failure

F-Frustration, Hopelessness, Futulity

A-Aggressiveness

I- Insecure

L- Loneliness- lack of oneness

U- Uncertainty

R-Resentment

E- Emptiness

Realized each of these negativities is way to solve a problem 1:09pm

Realized I'm in a "failing state" and realized I'm not a failure myself and am still a great person  
1:03pm



Realized to keep exhausting my options while in this state 1:06pm

Realized my autonomic failure mechanism was taking control 1:20pm

How to take back control from AFM:

F-Frustration is an emotion that develops when an important goal can't be realized 1:21 PM  
timestamp 5:36:00

Learned aggressiveness is necessary for the goals and what we want to pursue we need to aggressively go for our goals rather than the defensive stance 1:40 PM, 5:43:29

Learned infants would cry and have a parent reach out and help solve the infant's problem  
1:45pm

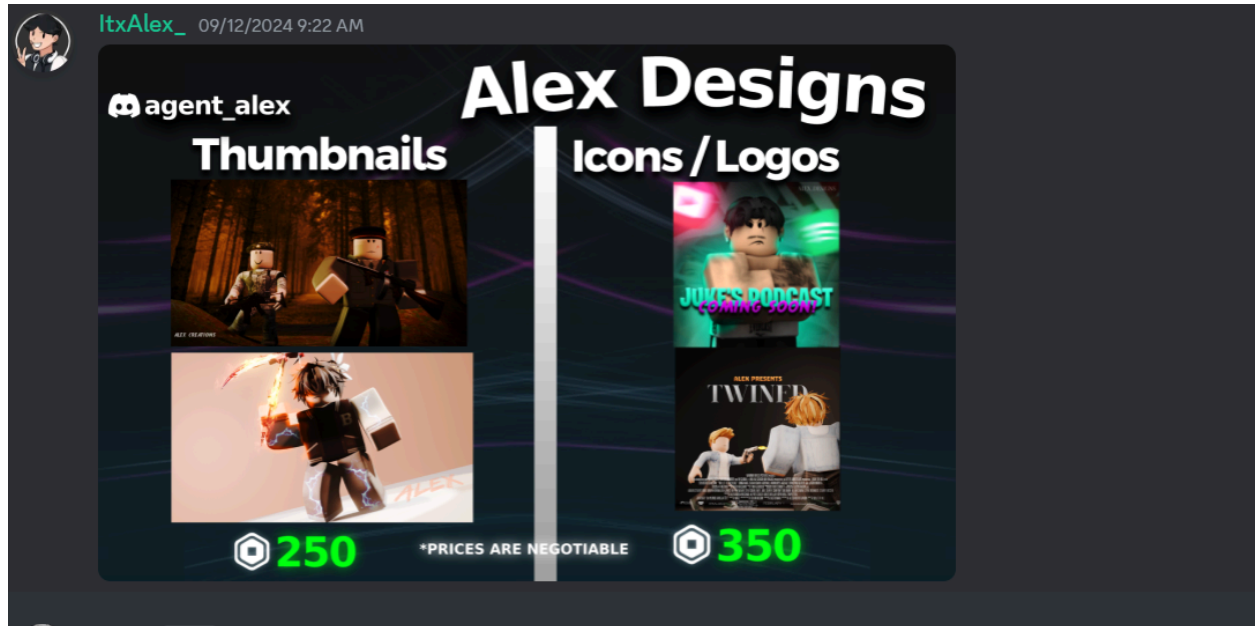
Learned this doesn't work in adult life 1:46. Exhibit self acceptance

Learned there is no excuse for a man to strike a woman

4:33pm headed to McKenna Park

Gained 10+ subscribers off of funny Roblox short

Found agent alex who makes thumbnails for about \$2= 250 robux 7:53pm



Ordered this \$22 dollar sword from Amazon: [Amazon.com: Hero's Edge G-BL002 Long Foam Excalibur Sword,39",Gray : Clothing, Shoes & Jewelry](https://www.amazon.com/Edge-G-BL002-Long-Foam-Excalibur-Sword/dp/B08G9K9K9K)

Made 2 shorts clips during desk clips 9:56

Breakdown for [REDACTED]

Struggles with going home because her family, complains, makes her clean, do the dishes and she feels misunderstood. Bray understood and let [REDACTED] vent about what the fuck was going on.

-Pressure too hard on herself over grades

-Mother told her she didn't want to be a "fuck up".

-[REDACTED] treats the RA job as her primary responsibility and purpose in life so far.

-She sees college as an escape and at peace from being away such family.

-At home, [REDACTED] is in her room and junk

Bray: big ball of energy has dissipated as Bray tackles the RA job, college with four classes, and YouTube channel with over one thousand subscribers, a job as a cold caller, and as a guy for personal growth.

Bray has a goal of turning fiction into fact. What the fuck does this mean good question

Listened to [REDACTED] about her breakdown 10:00pm to 10:36pm

Sleep 11:04pm

**WD**

**WM**

Add mindset to every previous daily planner please! 9:03

Talk more to chatbot

**Plan:**

Livestream

Flip on happiness switch

Track where attention is going 12:12am

Realize life will still be incomplete after [X] 12:14am

9/27/2024

**WW**



Socialized with Span Prof

Realized my sense of “self” will still be incomplete after [X] event 8:53am

Early stream 9:30am

9am 9:50am span class

10:28am to 2:22pm- 4 hour livestream

3:02pm till 5pm

Post meeting plan: McKenna park-shower- shorts clips- Reddit & 2cool livestream clipping (Do this before shower & McKenna park) 3:13pm- peripheral eye tech to focus-

If-then for post meeting plan: bray-cave; intentional conversation fill out 13 residents left (start with first floor)- do the creative activity first since it takes mor

Post meeting plan 2.0: Creative task (YT clipping) then manual task (Intentional Conversation) 3:25pm

WD: Almost dozed off during the first half of the meeting

WM:

Big mission/ Griffith goal-codename: Give robux out to subscribers as a reward (only \$5). Give out 10k robux then new goal. 3:37pm

Griffith-filename: WM: How much is 10k robux in real money?

WM 2:

Griffith codename: invest real moolah into robux cosmetics.

Use more of AI voice typing 4:12pm

Use more Batman codenames

Don't consume YouTube videos- personally 4:13pm

WM 3: Meetings need to be more hands on. Known issue: is having activities that are hands-on 4:14pm

5:12 p.m. take a poop and listened to Batman explains how to take down the Justice league and teen Titans in developed the talking to to text AI approach which leads to more output

Realized the voice output, 10 exes the text on any digital written, medium, such as Google dock, notes app, and any computer that has access to a microphone going to test if I can use my headphones as a microphone and need to test the facility and patience in text to talking speed of how the robot actually Transforms the text or transforms how fast I talk into an actual text like right now I'm so I can pretty fast which is really goofy and yeah, this is really cool I like this more of this 5:15pmpm

Meeting junk: Cut on title use and indicate other responding staff

12 residents left- do manual task quickly then creative task. Stay up a little later tonight

9/29/2024

WW

Watched this [How To Bolster Mental Health](#) Andrew Huberman video click link

Learned the six pillars of good mental health:

Sleep, light & dark input, movement, social connection, nutrition, and stress control 12:29

Learn the protocol is outline are necessary for optimize mental health, but are not sufficient all other areas need to be optimize and also learned sleep hours are important for 6 to 8 hours of sleep 14:15 6:24pm

Learn to literally like 10° to the left or right of the sun when I get outside in the morning because it boost mental health pillar of the sun think of Superman literally 14:15pm

What about shade? Still look ten degrees from the sun 6:33pm

Learn that I am damaging my retina. Whenever the light source I am looking at gets too bright, and it gets swear I have to look away. Does damaging my retina 6:30 5 PM.

Learn humans just don't have a nervous system but also interact with other peoples nervous systems which is pretty weird and pretty 6:47pm